MEN'S FITNESS

THE NEW MEASURE OF SUCCESS®

VISUALIZE YOURSELF
LIMITLESS
VYBE

ABS IN 30 DAYS

GET RICH
5 STEPS TO FINANCIAL FREEDOM

BURN FAT
WITH OUR 20-MIN ROUTINE

BIG ARMS NOW

LIMITLESS!

industry trailblazer

JAS MATHUR

R45 Mensfitness.co.za
MAY/JUNE 2023

VISIT…

LANZAROTE
Caliente.COM

NEW
50
100
150
200
250
USN
EPIK
BLUE
JUICE
CELL VOLUMIZING INTRA-WORKOUT
USN
EPIK
ISOBOLIC
WHEY 9H
100% ISOLATE ALL-IN-ONE STACK
PROTEIN 26g
TOTAL AMINOS 21 600mg
SUGAR <1g
CREA-TESTO STACK 2 600mg
1.0
0.5

CELL VOLUMIZING
INTRA-WORKOUT

100% ISOLATE
ALL-IN-ONE STACK

The **USN EPIK** series is the pinnacle of superior sport supplements, combining over 20 years of global research with maximum and precision dosed clinical formulations to deliver the highest level of premium sports nutrition to reach your peak.

USN.CO.ZA USN SA @USNSA @USNSA

USN®
EPIK

PRECISION-DOSED
PRE-WORKOUT

Intense precision-dosed pre-workout engineered for peak output, performance, hyper pump & explosive energy with no crash.

USN
EPIK
20
BLUE
BLOOD
INTENSE PRE-WORKOUT
BLUE VOLTAGE FLAVOR
HYPER PUMP
SUPERIOR ENERGY
MENTAL FOCUS
NO CRASH

Ingredient	Benefit
GLYCERPUMP	MAXIMIZES MUSCLE PUMP FOR PEAK PERFORMANCE & VASCULARITY
DYNAMINE	SIGNIFICANTLY ENHANCES FOCUS, ALERTNESS & ENERGY WITH NO CRASH
AGMAPURE®	INCREASES PUMP & INSULIN RESPONSE
AstraGin	ENHANCES ABSORPTION, UPTAKE & EFFICACY
L-CITRULLINE	CONTRIBUTES TO INCREASED GH & N.O. LEVELS FOR INSANE MUSCLE PUMP
β-ALANINE	ACCELERATES PERFORMANCE, ENDURANCE & RECOVERY
BETAINE ANHYDROUS	INCREASES POWER OUTPUT
L-TYROSINE	CONTRIBUTES TO OPTIMAL MENTAL FOCUS

BLUELAB™
TESTED & APPROVED

THE PINNACLE OF PEAK PERFORMANCE OUTPUT

The Breitling Cinema Squad
Charlize Theron
Brad Pitt
Adam Driver
BREITLING
1884
AIR
LAND
SEA
NAVITIMER 8
BREITLING
CHRONOMETER
NAVITIMER
SWISS MADE
#SQUADONAMISSION

MEN'S FITNESS

MEN'S FITNESS

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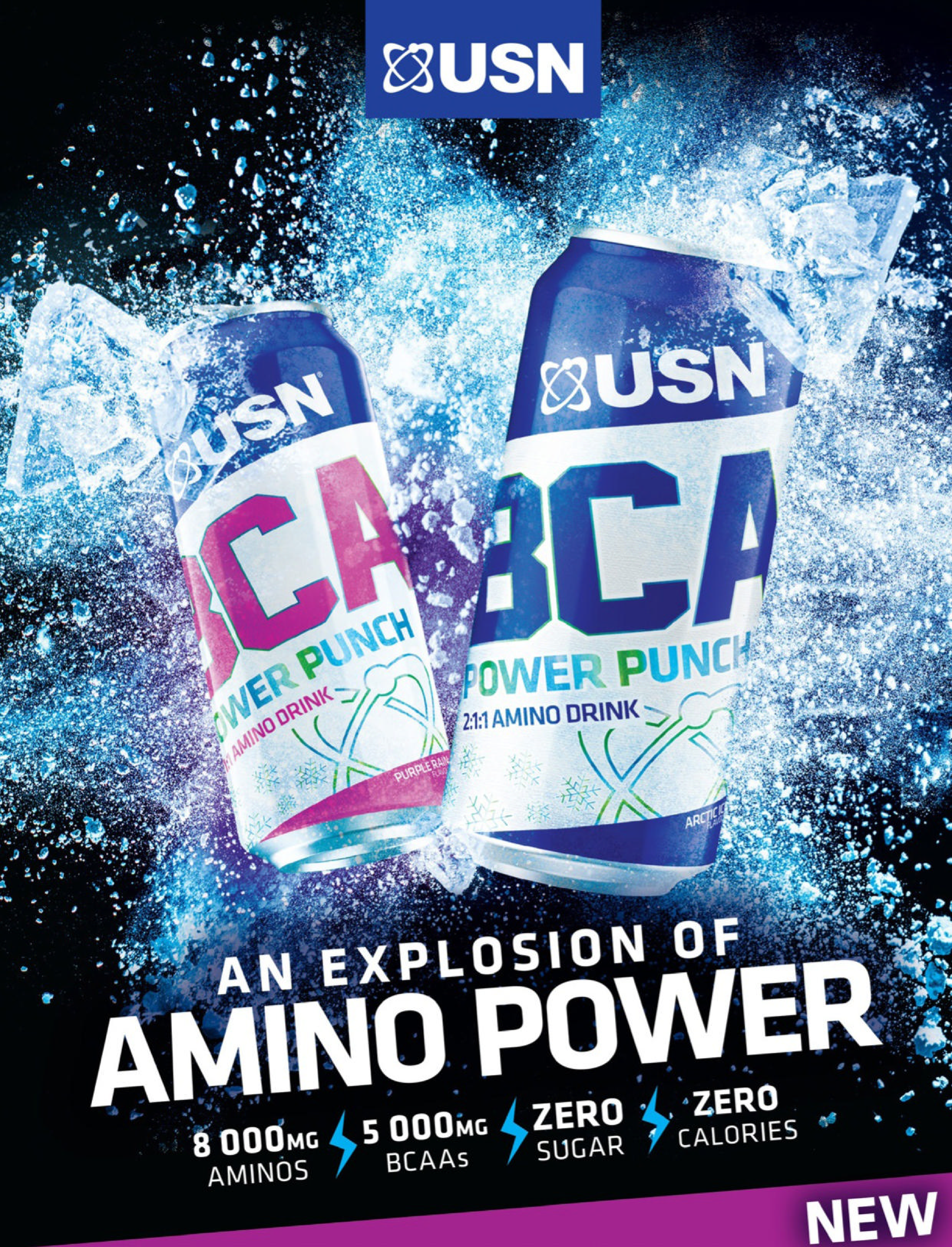

USN
USN
BCA
POWER PUNCH
2:1:1 AMINO DRINK
PURPLE RAIN
USN
BCA
POWER PUNCH
2:1:1 AMINO DRINK
ARCTIC IC
AN EXPLOSION OF
AMINO POWER
8 000MG AMINOS
5 000MG BCAAs
ZERO SUGAR
ZERO CALORIES
NEW

What winners know

Live smarter, look better, and play harder with tips from *Men's Fitness*

GET THIS!

GoPro Hero6

■ Capture every moment with the new GoPro HERO6! Its adventure-ready exterior is resistant to the elements and waterproof to 80cm without a housing. Those with a penchant for diving can go deeper still with the separately available Super Suit housing. Other accessories such as handlebar mounts, selfie sticks, and suction cups, for creative placement of the HERO6 Black are available separately.

R8 289, takealot.com

BOSS
HUGO BOSS
BOTTLED
50 ml ℮ 1.6 FL. OZ.

SPRAY THIS!

Boss Bottled by Hugo Boss

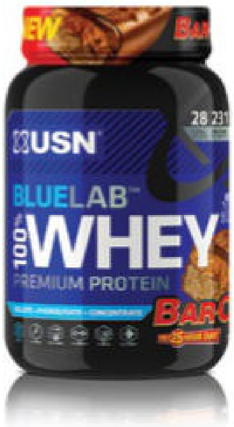
■ Released in 1998, this epic scent has become somewhat of a staple for many men across the world. Get heads turning everywhere you go by making sure you've added this classic perfume to your daily grooming regime. **R1 755, woolworths.co.za**

WEAR THESE!

Adidas Gazelle

■ Giving us flashbacks to the days of old-school cool hip-hop and 90s RnB, Adidas' Gazelle, has us wanting to dress up in our matching tracksuit sweats, ready to hit the dance floor in full effect. Fast-forward to 2017, and this pair of trainers is even more popular than before. Paired with a high flying suit or your favourite weekend jeans, every guy needs a pair of these classic sneaks.

R1 599, adidas.co.za



TRY THIS!

The Perfect Fit

■ The country's best-selling whey protein has just gotten better. Offering optimal muscle support and recovery, optimal nitrogen retention and amino acid conversion as well as easy digestion, USN Ultimate Sports Nutrition has now released your favourite whey protein in a BarOne flavour, for a 25 hour day! Add this staple into your daily diet to gain lean muscle mass, speed up recovery and maximise your results! **R249, usn.co.za**

WEAR THIS!

Lundun Metal Shades

■ Designed with UV400 lenses to keep you protected, these metal-framed aviator inspired shades are bound to become your summer season favourite. Wear them with a basic polo or T-shirt, straight-leg jeans and simple sneaks to complete an easily styled look. **R249, superbalist.co.za**

By Charelle Johnson

極度乾燥(しなさい)
Superdry
Sport®
SUPERDRY

#WHATSNEXT
SSN
BCAA GAIN
PRE-WORKOUT
SSN
100% WHEY PROTEIN
MUSCLE BUILDING & SUPPORT
SSN
IGNITE
FAT PARTITIONING COMPOUND
SSN
BETAINE ANHYDROUS
ORIGIN SERIES

BRAND NEW
WORLD DOMINATING
PACKAGING & FORMULATIONS

Every morning you do what you needs to be done, You give your blood, you give your sweat and tears.
You push the boundaries, you do what it take's to drive our species forward.

You tick all the boxes and sure, you have destroyed all your goals, but where to from here, WHAT NEXT?

At SSN we see your limitless potential, your untapped grit and power.
Our new range looks past the barriers you call your limits, and home in on your molecules, your double-helixes and the very electrons that power them.

With SSN you can attack what's holding you back, with SSN you can start you NEXT chapter. #WHATSNEXT

FDA NSF Certification HACCP FSSC 22000 cGMP CERTIFIED MANUFACTURING PROCESS

SSN
SCIENTIFIC SPORTS NUTRITION

CATEGORIES EXPLAINED

Below is an explanation of the main categories the new SSN product range is grouped under. Colour tabs and webbing on the packaging helps differentiate between the categories and helps you find your specific products.

SSN
N.O. RAGE COMPLETE
PERI WORKOUT

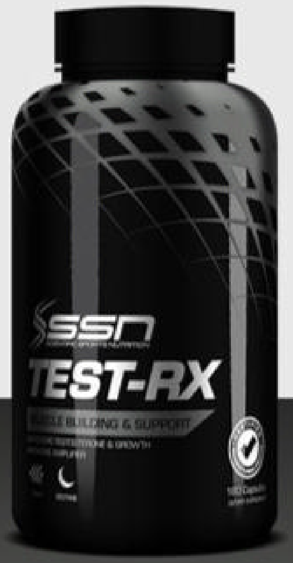
PERI-WORKOUT

Used before, during and immediately following your workouts.

- Maximize performance during physical exertion.
- Increase strength and assist muscle growth.
- Facilitate removal of toxins and training metabolites accrued during physical exertion.
- Facilitates recovery.

PRODUCTS INCLUDE:

CREA-PUMP CONCENTRATE
NO RAGE COMPLETE
CYTO GUARD
MAGNI-PUMP &
BCAA GAIN



MUSCLE BUILDING & SUPPORT

The full “turn-key” solution that keeps muscles, tendons and ligaments satiated with all the ideal macro & micro nutrients.

- Facilitates performance goals and aspirations, from joints right through to the endocrine system.
- Provides all the building blocks required to maintain muscle growth and size.
- Ensuring optimal performance and functioning.

PRODUCTS INCLUDE:

100% WHEY PROTEIN
ANABOLIC MASS BUILDER
MASS ADDICTION
MUSCLE VITAMIN PACK
JOINT SUPPORT
TEST-RX
ZMA

SSN
IGNITE
PARTITIONING COMPOUND

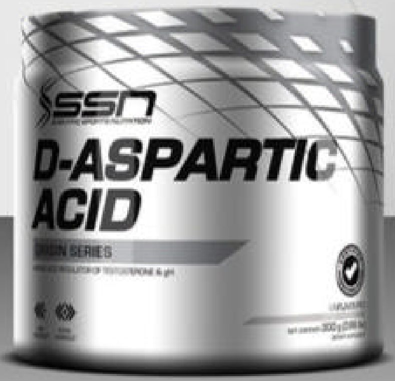
FAT BURNING

Thermogenic requirements needed to facilitate intense fat burning while sparing hard-earned muscle tissue.

- Assisting metabolism.
- Providing all the ergogenic support the body needs while dieting.
- Commensurately skyrocketing energy levels through the roof.

PRODUCTS INCLUDE:

IGNITE
THERMOBUILD



ORIGIN SERIES

These are the latest, cutting edge, single ingredient supplements as stand-alone products.

- Allows athletes to mix their own formulations.
- No redundant or counterintuitive additives.
- Ideal for athletes and coaches that want exact ratios of product and formulations.

PRODUCTS INCLUDE:

BCAA 3:1:1 POWDER
CREATINE
GLUTAMINE
BETA-ALANINE
BETAINE ANHYDROUS
CITRULLINE MALATE
CYCLIC DEXTRIN
D-ASPARTIC ACID

FORMULATED BY SCIENCE
FORGED IN THE GYM

Ascendis HEALTH
SSN is a proud brand of Ascendis Health

EVOX®

THERE'S ONLY ONE ALPHA

The **ONLY** choice for **hard-core strength** and **power** athletes who crave pound positive muscle gains. Developed for those, who bask in the glory of PBs, who crave elevated strength and power levels, **anyone who just won't give in...**

WORLD CLASS PATENTED INGREDIENTS

Cluster Dextrin®
New Energy Source for Athletes
Fibersol-2
palatinose
the better energy
BioPerine®
BLACK PEPPER EXTRACT
GinStar™
Testofen®
G-Tea™

Mark Stent
MARK STENT
EVOX AMBASSADOR

EVOX
ALPHA
TEST-ELITE
INFLICTION
ELITE PRO-ANABOLIC PERFORMANCE TEST AMPLIFIER
EVOX
ALPHA
PRE-SURGE
EXTREME
EXTREME ENERGY & THERMOGENIC PERFORMANCE PRE-WORKOUT
EVOX
ALPHA
OVERHAUL
RECOVER
EVOX
ALPHA
THERMO
SHRED POWDER
RAPID ACTING THERMOGENIC ENERGY SHRED STACK
EVOX
ALPHA
RESURGENCE
BCAA 3:1:1
HYPER-CELLULAR HYDRATION WITH β-ALANINE, BCAA's, HBCD & HMB
EVOX
ALPHA
THERMO
SHRED ELITE
ELITE PRO-THERMOGENIC FAT SHREDDING COMPOUND

A proud brand of
Ascendis
HEALTH

EvoxAdvancedNutrition | evoxnutrition | www.evox.co.za

Cutting-edge news from the frontiers of science

Breakthroughs

By the numbers: avocados

This green goddess is the supreme nutrient-dense food

1

Number of avocados to eat daily to improve your cholesterol.

500

Varieties of this berry – yes, it's technically a berry – that are grown worldwide.

0

Amount of cholesterol and sodium in one serving of avocado.

100%

How much of an avocado's peel, flesh, pip, and leaves impart health benefits, according to recent studies.

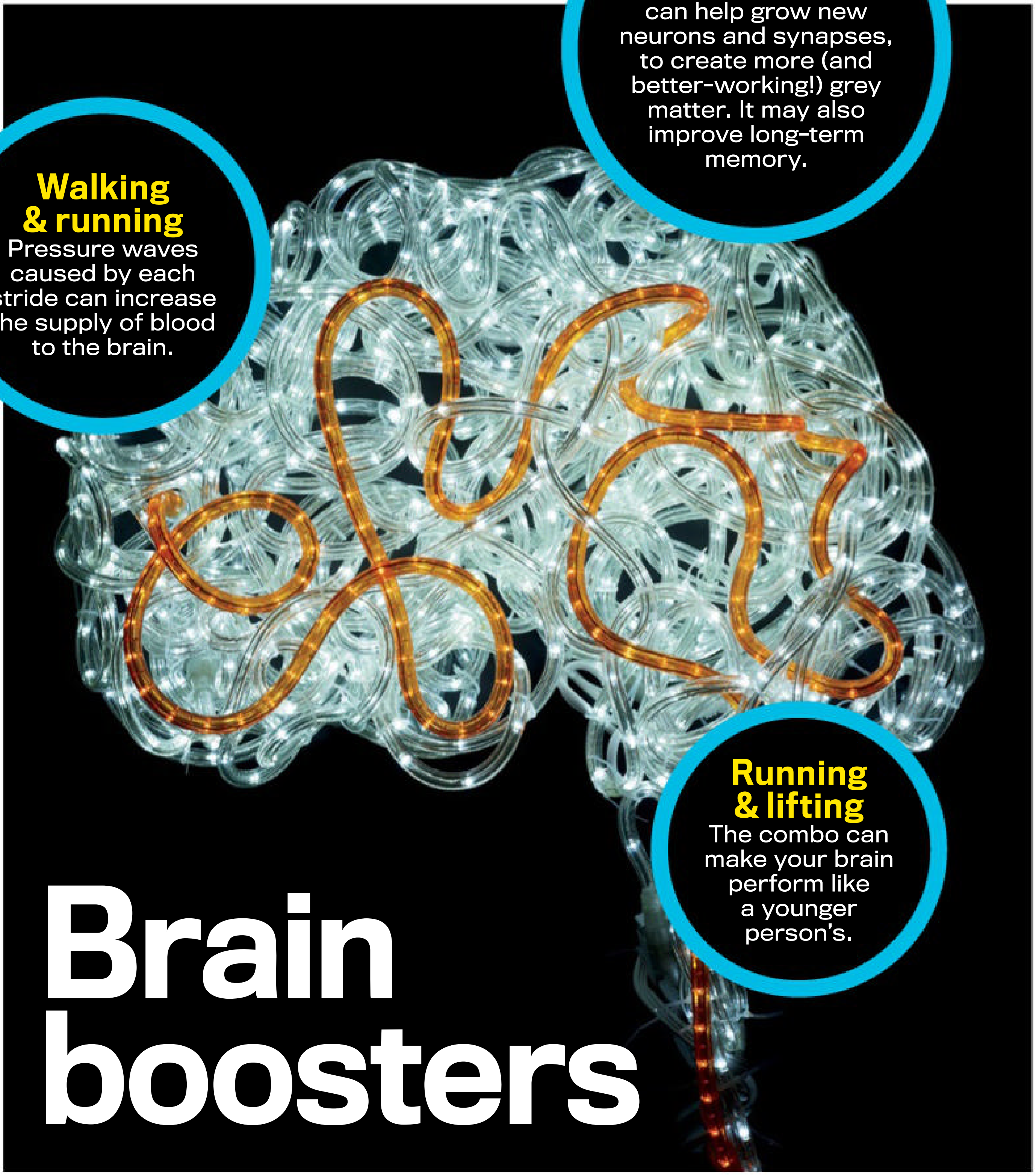
50%

The rise in avocado prices since 2016, due to weather, deforestation, even extortion by drug cartels.

77%

How much of an avocado's calories come from heart-healthy fats.

Heinemann/Westend61/Offset



Brain boosters

Lifting heavy
Pumping extra iron can help grow new neurons and synapses, to create more (and better-working!) grey matter. It may also improve long-term memory.

Walking & running
Pressure waves caused by each stride can increase the supply of blood to the brain.

Running & lifting
The combo can make your brain perform like a younger person's.

2.8 years

How much longer you'll live if you run at least two hours every week.

We've got your number

45

What percent your risk of developing cancer will drop by if you cycle to work.

82

Percent of marathoners sustaining a kidney injury after a race, which was resolved within two days. Causes range from dehydration to rise in core body temperature.

10

Minutes of walking up and down stairs can be more effective at giving you energy than half a cup of coffee.

Sam Kaplan/Trunk Archive; Corey Jenkins/Gallery Stock

WATCH BEYOND
Bell & Ross
TIME INSTRUMENTS
AUTOMATIC
CHRONOGRAPH
100 M
SWISS MADE
TACHYMETER

BR V2-94 BLACK STEEL · Available at: Bell & Ross Sandton Boutique · Adara · Bellagio · Big Five Duty Free · Cajees Time Zone · Makgalas · Murdock
Roma Gioielli · Piajeh Jewellery & Objects D'Art · Sedgars · The Watch and Jewellery Gallery · Vesuvio · Information: +27 (0)11 783 8813 · www.bellross.com

Ditch diet soda

Along with an inflated waistline, diet soda drinkers are also more likely to experience…

EXTRA WEIGHT GAIN

Sucralose, a popular artificial sweetener used in soda, was found to promote fat production and inflammation after being consumed for *less than two weeks.*

SMALLER BRAIN VOLUME

Diet soda drinkers have a smaller hippocampus – the area in the brain that processes learning and memory – a study on 4000 subjects found.

HIGHER RISK OF STROKE AND DEMENTIA

The same study also found that people who drank at least one diet soft drink a day had three times the risk of experiencing strokes and dementia.

Life in the "fast" lane

To fast…

Male subjects who worked out on an empty stomach had more energy and burned more fat – each related to a specific gene – than subjects who exercised on a full stomach.

…or not to fast?

When 100 obese subjects went on either a reduced-calorie diet (75% of their recommended calories each day) or an intermittent fast (25% of their recommended calories on fast days, 125% on other days), the difference in weight loss wasn't significant (6% vs 5.3%).

Carb knees!

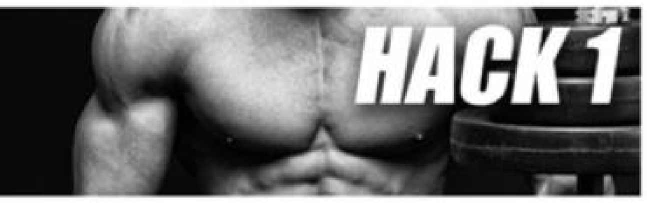
A diet full of simple carbs and 20% saturated fats can create osteoarthritic-like changes in knee joints.

Getty Images

SSN
SCIENTIFIC SPORTS NUTRITION

5 STRENGTH HACKS TO HELP YOU BREAK THROUGH A PLATEAU

One thing new gym goers don't understand is that it's just as important to build strength as it is to build muscle. Increasing strength will allow you to push a heavier weight, in return, this will help one to stimulate more muscle and growth, and this is a reciprocative cycle. Below are a few tips that you can implement immediately in order to help you pack on the weights during the next couple of weeks.



GO LIGHT BEFORE GOING HEAVY

When I say go light, I don't mean tire yourself out before things get real, I mean that you literally have to do one light set before you start pushing your general training weight. Make sure to aim for a weight that is approximately 50% of your one rep max.

FIND YOUR TUNE

This might sound silly, but the best way to ensure that you are primed for the PR lift is to find the tune that intensifies your mind and focus. Don't overdo it by listening to it for the whole workout, make sure to save it for when the going is about to get tough.

BE NEGATIVE

One of the quickest ways to ramp up your strength levels is to start incorporating negative rep training into your routine. What does this mean? Well, negative rep training is all about the eccentric (negative) part of the rep, this is where you need to place the biggest emphasis. Example, if you are planning on doing a bench press, pick a weight that is roughly 85-100% of your 1 rep max. You will need a partner to help you lift the weight, but once you get to the top of the movement, it should all be you on the way down, and all you need to do is lower the weight slowly focussing on the controlling the movement all the way down.

GET OUTSIDE YOUR ENVIRONMENT

This is quite a unique tactic that not a lot of lifters like to use. But, every now and then, make sure to change your environment. Not all machines and weight are the same when it comes to health clubs, with that said, an environmental change might be exactly what your body is looking for to help push it past that plateau.

CAFFEINATE

Caffeine might be one of the oldest ingredients around, but rest assure that it's one of the most researched and trusted. Caffeine is one of the most popular ergogenic aids on the market, and for best results, you should aim to consume around 250mg of caffeine before your workout. Not only can this provide you with the necessary energy to help fuel your workout, but it can also contribute to increasing your mental focus and strength.

SSN
SCIENTIFIC SPORTS NUTRITION
N.O. RAGE COMPLETE
PERI-WORKOUT

A PRODUCT WE SUGGEST:

Our SSN N.O. RAGE COMPLETE can go to work within minutes of taking it!

This scientifically engineered intensity booster has the unique ability to get you mentally "dialed in" and supercharged for every single session by inducing the most awesome mind and body stimulating rush ever provided by a nutritional supplement.

Get ready for the craziest and most intense workouts of your life!

Ascendis HEALTH
SSN is a division of Ascendis Health

FORMULATED BY SCIENCE
FORGED IN THE GYM

For more information about this product and many more visit:
WWW.SSNONLINE.CO.ZA

Which behaviours are contagious?

1) Being active
Exercise is a "socially contagious" activity that rubs off on others; runners who posted their results online ended up encouraging other runners to run an extra three minutes.

2) Being chipper
An instinct for mimicking expressions we see on faces allows us to empathise with and even experience other people's feelings. Point being: smile more.

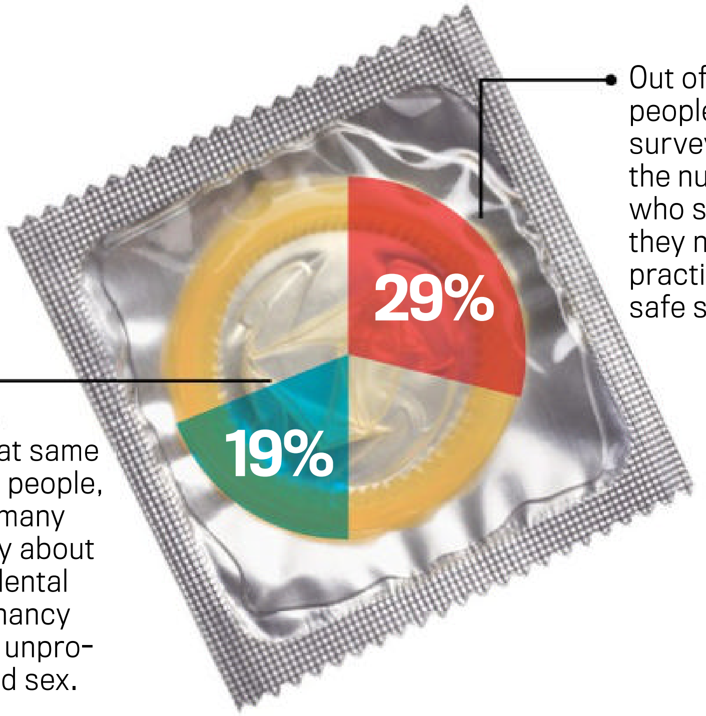
3) Being a dick at work
Six thousand employees surveyed said that rude assholes make the workplace toxic – and that the nastiness spreads if management doesn't put a stop to it. So, if you're in charge, get bossed up!

HAMMER STRENGTH

"How much can you bench?"

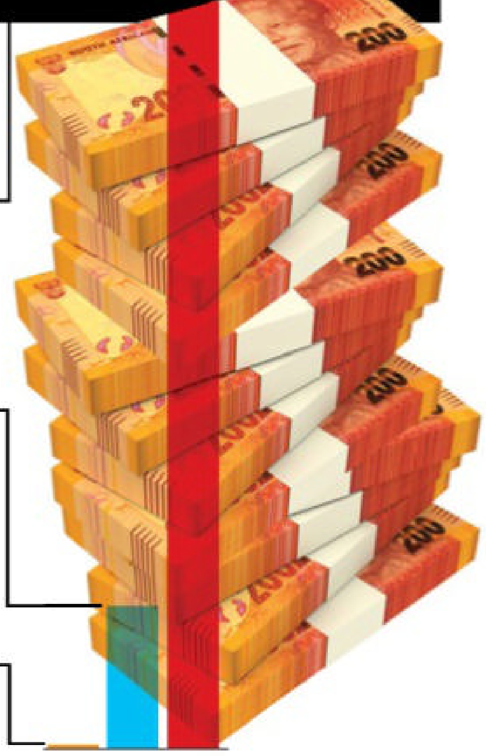
Answer: a lot more if you press with bands – or chains, if you're really hardcore. Rugby players who bench-pressed using those tools raised their one-rep max a lot more than guys who used just weights and the bar.

Let's talk about (safe) sex, baby...



Out of 2000 people surveyed, the number who said they never practice safe sex.

Of that same 2000 people, how many worry about accidental pregnancy after unprotected sex.



R90k Estimated yearly cost to raise a child in South Africa.

R990 The annual cost per person for the newly proposed fixed-dose ARV combination.

R159 Approximate cost of a 12-pack of condoms.

INTERNATIONALLY VOTED

SUPPLEMENT OF THE YEAR
BEST OVERALL PROTEIN POWDER OF THE YEAR

13 YEARS IN A ROW

AWARD OF EXCELLENCE
BODYBUILDING.COM
OPTIMUM NUTRITION
GOLD STANDARD 100% WHEY
PROTEIN POWDER
OF THE YEAR
2017
PRESENTED BY BODYBUILDING.COM

AWARD OF EXCELLENCE
BODYBUILDING.COM
OPTIMUM NUTRITION
BRAND
OF THE YEAR
2017
PRESENTED BY BODYBUILDING.COM

AWARD OF EXCELLENCE
BODYBUILDING.COM
OPTIMUM NUTRITION
OPTI-MEN
MULTIVITAMIN
OF THE YEAR
2017
PRESENTED BY BODYBUILDING.COM

ON
24G
5.5G
4G
GOLD STANDARD
100% WHEY
WHEY PROTEIN ISOLATES · PRIMARY SOURCE
BANANA CREAM
WHEY
29 SERVINGS
NET WT. 2 LB (909 G) PROTEIN POWDER DRINK MIX

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Tel: +27 11 234 9890 sales@optimumnutrition.co.za

OnTop

Let's rock 'n' roll

All the tips, tools, and tech you need to dominate Summer

Vacation fit

Whether he's flying at 30,000 feet or stuck waiting at the gate, Performix athlete and personal trainer **Andy Speer, CSCS,** packs in a workout

BOOKEND FLIGHTS WITH EXERCISE

This is especially important when you change time zones, as exercise helps combat jet lag and travel stress and reset hormone imbalances that occur during long flights.

Time your preflight workout so it finishes up close to when you plan to leave for the airport. Once you arrive, make working out a priority as soon as you've unpacked and settled in.

A good sweat session will replenish your energy levels and reset your circadian rhythm.

B.Y.O.P.

Aeroplane food – if it's served at all – rarely earns rave reviews, so plan to eat a filling yet nutritious meal before take-off and be sure to pack a shaker cup and protein powder, like Performix's on-the-go Iridium Native Iso Whey*i*+ packets, which you can get in six-count boxes.

In-flight, have the protein shake. Another option: Stock up on new Performix Protein Wafers, which provide 13 grams of protein and are easy to stash in your carry-on.

That way you can also pass up the dry sandwich at the airport.

STRETCH IT OUT

If you're stuck in the air or on the road for hours, get out of your seat (or pull into a rest stop) and get in a quick stretch. This promotes blood flow to muscles and tissues and prevents fatigue and tightness.

On aeroplanes, I'm constantly stretching out in the aisle. My favourite stretches: the half-kneeling hip flexor stretch with lateral flexion; a Y press-out with chest stretch; and the calf and hamstring steps stretch.

HIT A DELAY? GET IN A WORKOUT.

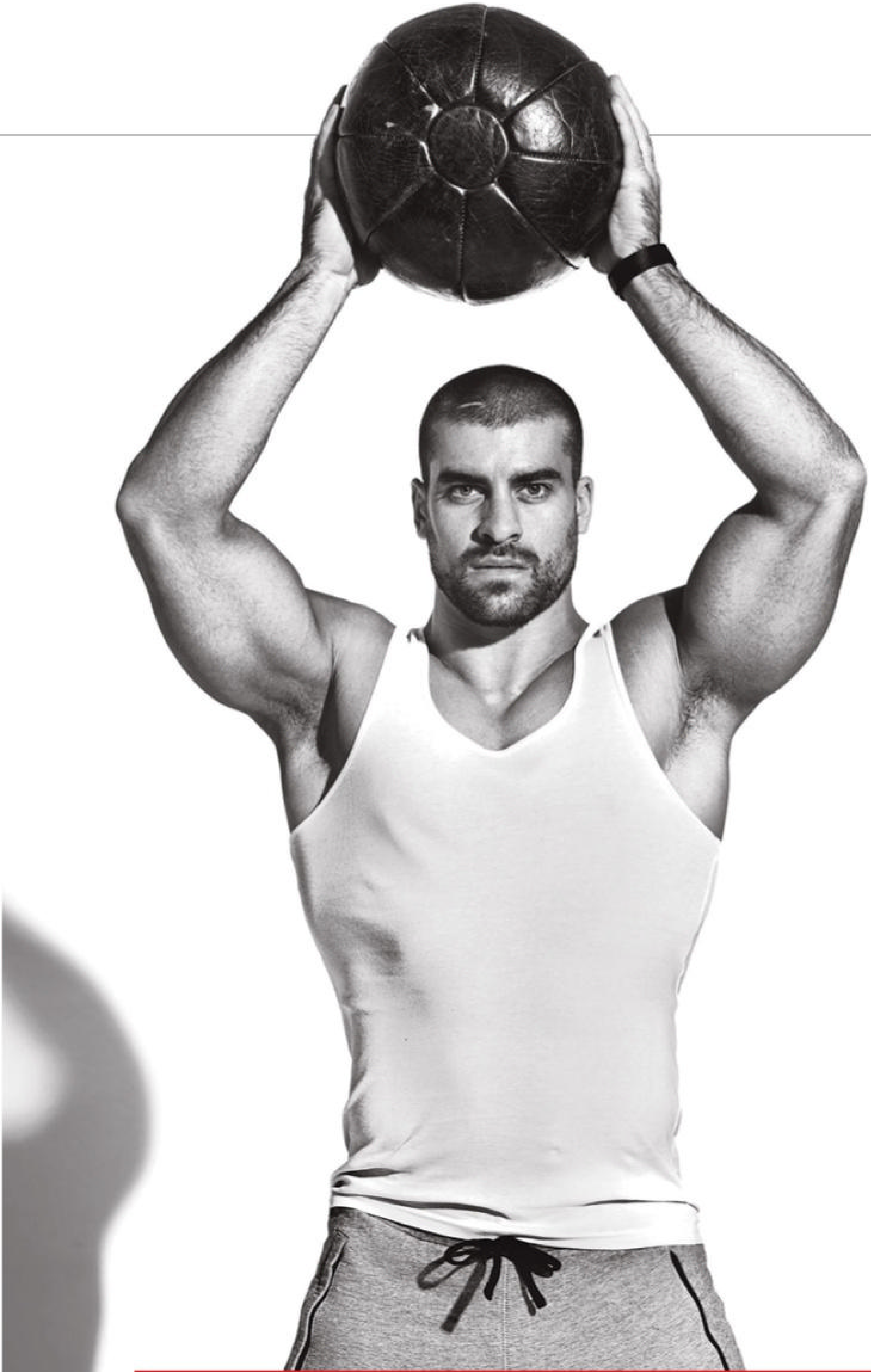
Nothing can wreck your mood like a long wait at an airport. But you can make killing time less miserable by exercising: Put on your backpack and headphones, crank up the tunes, pick up your carry-on (if you have one) and do single-arm farmer's walks. I go back and forth, switching hands occasionally– from one end of the terminal to the other (bypassing those moving walkways, of course).

Trust me. Do 20 minutes of this for every hour you're stuck at the airport, and the little bit of cardio, core stabilisation, and grip work it provides will make the time go a lot faster.

STAY ACTIVE

Once you've arrived, don't just lie around drinking and eating – stay active! Skip taxis – instead, walk, run, or bike around the city you're visiting. If you're in the mountains, hike. If you're at the beach, run, swim, surf, or snorkel. Health benefits aside, you'll get more out of any trip this way.

Plus, activities like these not only help keep you fit but also give your mind and body a break from your regular routine, which in itself can be stimulating and rejuvenating.



Screw crunches!

Ditch sit-ups right now for these three core-carving exercises **BY JOE WUEBBEN**

Sculpt the six-pack you've always wanted using these core-centric moves from Firdose Khan, head trainer at Nine Innovations athlete training facility in Houston who's helped whip the US national soccer team and the Argentine rugby squad into shape.

◀ OVERHEAD SIDE-TO-SIDE SLAM

Lift a non-bouncy medicine ball overhead, pivot to one side, and throw the ball to the floor. Pick the ball up and alternate sides – that's one rep. Perform for reps.

KHAN SAYS: "Keep your chest up as you slam the ball as hard as you can."

OVERHEAD BARBELL SIT-UP

Lie face-up on the floor holding a barbell above your chest with a wide, overhand grip and feet spread apart and secure. Do a sit-up and finish with the bar overhead and your torso perpendicular to the floor.

KHAN SAYS: "Drive through your heels, and keep your arms extended the entire time."

SIDE PLANK + BAND ROW

Take a side-plank position in front of an anchor point with a band attached; grab the band with your top hand and do one-arm rows.

KHAN SAYS: "Stay straight as an arrow and squeeze your glutes."

Midsection mishaps

Are you making one or more of these common core-training mistakes? If so, here's how to stop it.

■ Fixating on Trunk Flexion

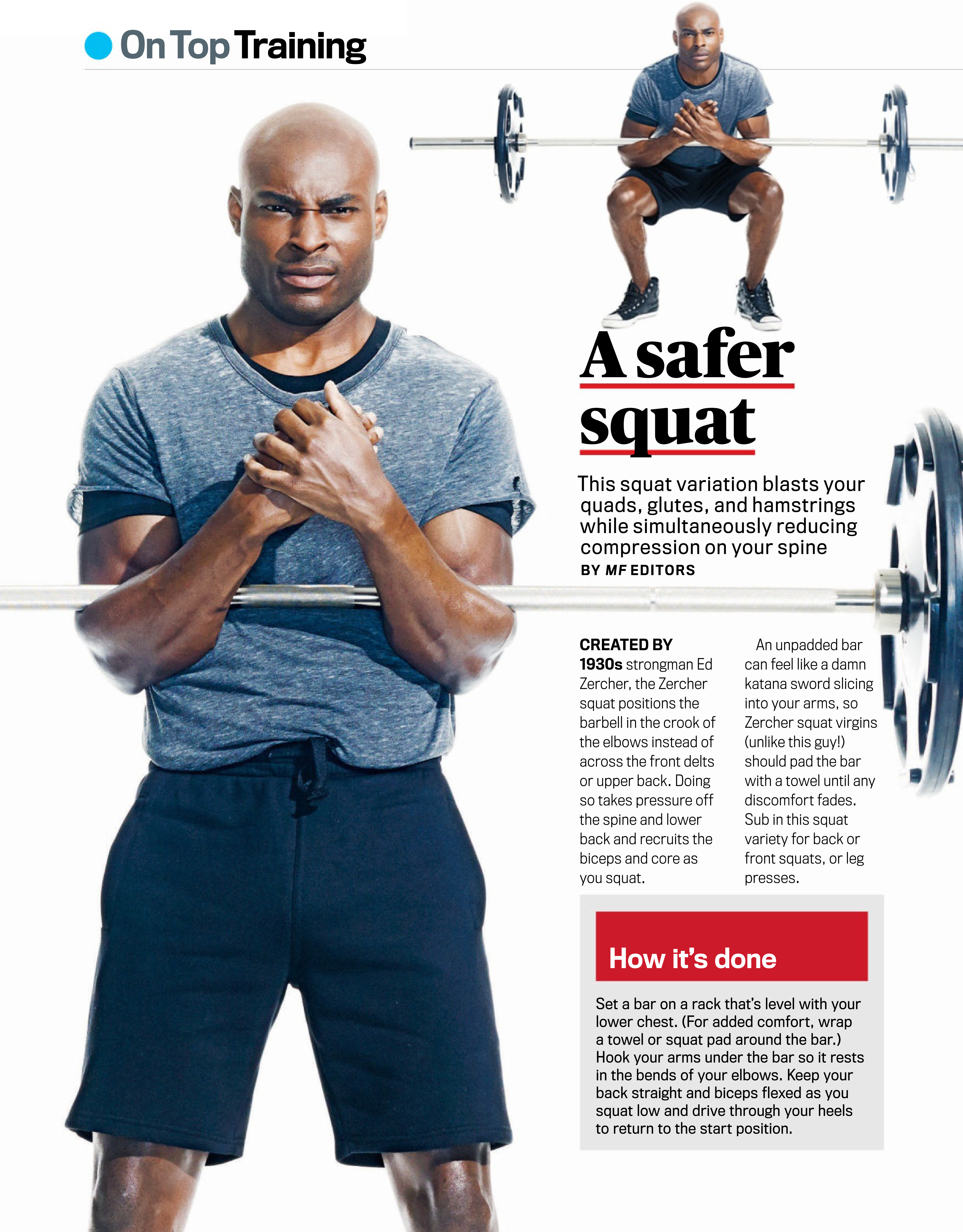
To get a well-balanced midsection, "it's important to address the core from the shoulders down to the waist in multiple planes, not just trying to 'target' one specific area", according to Khan.

■ Not Focusing on Breathing

"It's important to always be contracting the belly button into the spine", says Khan. "On the power phase of an exercise, exhale out, then inhale on the negative. For example, on overhead barbell sit-ups, you should have a deep exhale as you press up, then an inhale as you come back down."

■ Fearing Added Resistance

The myth that weighted abs and core exercises will make your midsection bulky needs to die. "To become stronger, you need weight on abdominal movements just as you need weights in any other body movement", says Khan. "It's important to build a good foundation first."



A safer squat

This squat variation blasts your quads, glutes, and hamstrings while simultaneously reducing compression on your spine

BY *MF* EDITORS

CREATED BY 1930s strongman Ed Zercher, the Zercher squat positions the barbell in the crook of the elbows instead of across the front delts or upper back. Doing so takes pressure off the spine and lower back and recruits the biceps and core as you squat.

An unpadded bar can feel like a damn katana sword slicing into your arms, so Zercher squat virgins (unlike this guy!) should pad the bar with a towel until any discomfort fades. Sub in this squat variety for back or front squats, or leg presses.

How it’s done

Set a bar on a rack that’s level with your lower chest. (For added comfort, wrap a towel or squat pad around the bar.) Hook your arms under the bar so it rests in the bends of your elbows. Keep your back straight and biceps flexed as you squat low and drive through your heels to return to the start position.

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Burger bowl

Get your cheeseburger fix with this hearty summer salad **BY MATTHEW KADEY, RD**

Stay lean
Lean ground beef (no more than 85% lean if you want to retain good flavour) has less fat but still provides you with lots of muscle-making protein.

A tomato twofer
Tomatoes are packed with lycopene, an antioxidant that can raise sperm count and lower your risk of prostate cancer.

Romaine numerals
No lame, wimpy lettuce, just two cups of romaine provides 107% of the RDA for vitamin K, 45% for vitamin A, 32% for folate, and 8% for fibre.

Cheeseburger Salad

SERVES 2

INGREDIENTS

½	cup thinly sliced red onion
·	350g of 85% lean ground beef
·	Salt and pepper
2	whole-grain pitas
½	tsp olive oil
2	tbsp mayonnaise
2	tbsp tomato sauce
⅛	tsp cayenne pepper
4	cups chopped romaine lettuce
2	medium tomatoes, sliced into wedges
⅓	cup grated cheddar cheese

DIRECTIONS

1) Place onion in a bowl, cover with cold water, and soak for 1 hour. This will reduce some of the raw onion's bite. Drain and set aside.

2) Grease a grill and heat to medium high. Form beef into 2 patties and season with salt and pepper. Grill patties until meat is cooked through, about 4 minutes per side. When cool enough to handle, cut burgers into bite-size chunks.

3) Brush pitas with oil and grill until crispy and browned, about 30 seconds per side. Cut pitas into big slices.

4) Whisk together mayonnaise, tomato sauce, cayenne, and 1 tbsp water.

5) Divide lettuce, tomatoes, onion, burger chunks, and pita between two serving plates or bowls. Drizzle on dressing and sprinkle with cheese.

PER SERVING

CALORIES 649
PROTEIN 50g
CARBS 46g
FAT 30g

Styling by Susan Ottaviano

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Stick it to the bird

Bust out the bacon and jalapeños
for this high-protein, low-carb treat

BY NICK MASSIE

Bacon-Wrapped Chicken Skewers

SERVES 3

INGREDIENTS

2 boneless, skinless chicken breasts
1 red bell pepper
Salt and pepper
1 jalapeño pepper
6 slices bacon
6 skewers
2 tbsp mayonnaise
1 tsp honey
1 tsp chipotle sauce

DIRECTIONS

1) Preheat a grill to medium high. Cut chicken and bell pepper into 6 slices each.
Season chicken with salt and pepper and place on top of bell peppers.

2) Cut jalapeño into 18 slices; put 3 on each chicken piece. Wrap with bacon, tuck ends in, and slide onto skewer.

3) Place skewers on grill, tucked-side down, and cook, turning periodically, until chicken reaches 75°C.

4) Mix mayonnaise, honey, and chipotle; drizzle over skewers.

PER SERVING

CALORIES	527
PROTEIN	50g
CARBS	11g
FAT	31g

Breast man
Chicken breast can be dry, but wrapping lean poultry in bacon makes for a juicy protein punch.

Get saucy
Chipotle – smoked ripe jalapeños – offers high levels of vitamin C, which helps turn fat into energy.

Bring home the bacon
Buy bacon without nitrites, carcinogens linked to cancer.

Food styling by Liza Jernow

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Photography: Lyle Simes

She's all that and Amore

USN Ambassador and IFBB Champion, **Amore Coetzee** talks hard work, nutrition, relationships and the challenges she's faced towards becoming her best. An active child whose sporting career ended due to injury, Amore found love at the coast, in the gym and within her own skin, and has never looked back.

BY CHARELLE JOHNSON

Q ***Tell us about your journey into fitness and what sparked it?***

I've always been interested in sports; I grew up being an active child, always taking part in athletics, gymnastics, drum majorettes etc. In Matric I had operations in both of my knees, which ended my sporting career for the time being. When I got to university academics became the most important part of my life and I didn't pay much attention to anything else. Three years later I moved to Durban and met new people who were all training and going to gym on a daily basis, so I started to get back into it again. I started dating Brian, who was very involved in the industry at the time. We went away one weekend to the beach, and I remember that I had felt so incredibly uncomfortable in my own skin. I had asked him to introduce me to a coach, and I got started with a diet and a training program a week later.

> **"If you want something bad enough, you would stop making excuses, and start making a plan."**

Q ***At what point in your fitness journey did you realise you would like to take it a step further and begin competing?***

I eventually started losing weight and gaining self-confidence. My coach and Brian had both convinced me to take part in my first show, and since then I've been hooked. I actually started doing very well and I just continued to train and diet until I ended up at the top.

Q ***What are the three biggest challenges you've faced during competition prep?***

First, was to always trust the process. You want things to happen right now, and when they don't you feel discouraged. But it all takes time and consistency. Secondly is prepping for so long in general. My first year I think I did six shows just because I had become so addicted to being on stage. I didn't care what show it was or how big it was I just wanted to do it, whereas now I know to choose my shows very carefully. I ended up prepping for two years straight because I had gone to the Olympia in November 2015, and as I got back I had to prep for The Arnolds Sports Festival again, and that same season I ended up going to The World Championships in December of 2016. Thirdly, I would say is to not listen to everyone's opinion on how you look, how you should look and what you should be eating and not be eating. You could be out at a social event and people would not agree with the way you eat and drink just because you can't be social with them. But you just have to shut all of that out.

Q ***What is your personal approach to nutrition when you are competing and when you're not?***

When it comes to competing, I follow what my coach says to the T. It will not work when you have your own agenda. He always makes sure that I don't starve, that I am not deprived of any food groups and that I am able to live with this diet on a day to day basis. Imagine eating food you hate, every single day? It won't work. Off-season I try not to be too strict on myself, I am much more relaxed when it comes to food. I try to keep it as clean as I can during the week, and when it comes to the weekend I just go where it takes me, I have no set plan.

Q ***How often do you train and how do you plan your weekly sessions?***

I usually train 5 days a week, twice a day. I do light cardio first thing in the morning, only 20 to 30 minutes. Monday I train legs, to put those weekend calories to good use. Tuesday I do shoulders. Wednesday I do back and light arms. Thursday I'll do legs again, and Friday I will usually just do a weak area, anything I feel like really.

Q How do you manage to balance relationships and your demanding training schedule?

I'm very lucky to have an amazing partner who understands what the industry is about. He has always supported me at every show and would do anything to help me when I needed it and who would support every decision I had made. You learn when training and dieting needs to just be set aside for a few moments and when to concentrate on your partner. It is very difficult to balance the two when your lifestyles aren't the same, but luckily I didn't have that problem. At the end of my two-year prep things did get a bit difficult as we didn't get to socialise as often. You do get affected by dieting etc, your mind isn't always in the right place. But during prep we always dieted together and trained together so we managed to make it work.

Q What was the best advice given to you heading into the fitness industry?

It was to always remember why you started the journey in the first place.

Q What are your 4 must-have USN Ultimate Sports Nutrition supplements?

- Definitely L-carnicut.
- Blue Lab Wheytella will always be my favourite.
- BCAA's is a must have.
- Trust Bars, definitely one thing I could not go without.

Q Have you begun planning your goals for 2018, and what are they?

Yes I have! Unfortunately I won't be competing in 2018 as Brian and I are just about to get married, and we want to focus on starting a family and on our personal life. But I have set a goal of getting back into it in 2019. I want to do The Arnold Sports Festival again and go straight to Provincials.

Q What motivates you daily to stay on top of your game?

I really love just being healthy and feeling energised and full of life. Training does all of that for me, it makes me happy. You will always have off days, and that's normal, but it's a good feeling to eat healthy and train and know that you are making the most of this life you have been given.

Q Give us your favourite motivational motto or words to live by.

I always say that everything happens for a reason, and that you are on the path you are now because it's meant to be. If I got injured I would always say it's where I am meant to be, I would take the rest and get back up even stronger when I recovered. If you are motivated enough, if you want something bad enough, you would stop making excuses, and start making a plan.

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Tim Morris/Trunk Archive

Let's play pickup

After three nights trolling bars, our (appropriately dolled-up) reporter heard the good, the bad, and the ugly of how guys hit on girls **BY SARAH ROSE**

CONFESSION: WHEN IT comes to meeting men, I'm not a bar person. I find most of my dates through setups from friends and have been known to be a repeat offender on dating apps.

Then came this assignment: Spend a few nights out on the town and come back with the best – and most hideous – approaches men use to pick up women for a night on the tiles.

So I dressed in uniform – skin, make-up, curves, black dress, boots, more skin – and headed out on three separate nights to a steak house, a hotel bar, and a neighbourhood watering hole.

Men, I learned many things.

The "What the *hell?*"

OPENER "How old are you?" asked a drunk Brit within 11 seconds of my arrival at the steak house.

MY REACTION Eww. If you want to be attractive to a woman, say she's pretty, not old.

OUTCOME He was so handsy the bartender ran interference.

OPENER "Why do men die before women? 'Cause they want to", said a bro at the bar.

MY REACTION Misogyny won't make a woman swoon.

OUTCOME I never took my eyes off my Bordeaux. He went back to his seat.

……

OPENER "If you are what you eat, I could be you by morning", said a hotel bar guy.

MY REACTION Unappetising to say the least, but better than "How much for an hour of half-and-half?" since most of the other women here were, well, pros who frequent the place.

OUTCOME I drained my drink next to my new favourite bar prop, a copy of *Rise and Fall of the Third Reich*, because hookers don't read Hitler histories.

The "Meh"

OPENER "Mind if I take this seat?" asked a divorced banker who proceeded to talk about his job, his dead mom, his athlete's foot...

MY REACTION Cute guy, good start, didn't stick the landing.

OUTCOME He expensed my drink – a fair exchange. If he'd asked any questions about me, I might even have seen him again.

……

OPENER "Know what this shirt's made of? Boyfriend material."

MY REACTION I admit, I love a good line, but I've heard this one a hundred times before.

OUTCOME A no-go. Avoid prefab, plagiarised patter or be ready to watch her eyes roll.

……

OPENER "Are you an alien? 'Cause your ass is out of this world", asked a dude in a popped-up collar.

MY REACTION I'm a sucker for space puns, but not this one.

OUTCOME Just assume women will be put off by sexual objectification from strangers. It's creepy. Why risk coming across as a stuck-up, half-witted nerf herder? Stick to basics, guys (and put down that collar).

My reaction: lightning bolts. How, I wondered, had we never met before?

The "That's a Wrap!"

OPENER "Let me get this round?" asked collar guy's dot-com buddy.

MY REACTION Lightning bolts. How, I wondered, had we never met before?

OUTCOME We had a real conversation about my job – aka getting picked up in bars for this magazine. "The best lines are basic: Where are you from? What do you do? What do you think about the weather? And the ever popular, Can I buy you a drink?" he said, handing me a martini I didn't ask for but gratefully accepted.

I have a new favourite bar.

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Animal magnetism

Animal Kingdom's **BEN ROBSON** got into show business late – but made up for it by finding near-overnight success **BY BOB GUCCIONE JR.**

IT WASN'T UNTIL he was 25, out of college, and listening to a mate talk about becoming a performer that Ben Robson decided that acting sounded pretty good to him, too. He promptly went home to his parents in Newcastle, in northern England, and told them he was off to acting school.

Almost immediately, the tall, handsome Brit landed his first major film role, as Lucien in *Dracula: The Dark Prince.*

From there he sailed onto the History Channel's gripping drama *Vikings*, where for two seasons he played the sword-wielding, calculating Kalf, best remembered for stealing an earldom from Lagertha (Kathryn Winnick) while she was out of town.

Currently, Robson can be found playing thrill-junkie (and Jesus Christ look-alike) Craig Cody, the middle son of a dysfunctional California crime family – a laid-back *Sopranos*-type operation run by mom Ellen Barkin – on TNT's gritty drama *Animal Kingdom.*

Robson, 33, enjoys the challenge of channelling a drug-fuelled criminal on-screen. In the first season alone, he got shot, played chicken with a truck, and had a fight while skydiving.

In Season 1 alone, he got shot, played chicken with a truck, and fought while skydiving.

"Most of the stuff Craig does is against the law, so he's much more of a badass than I am", Robson says. "But you learn a lot about who you are by putting yourself in uncomfortable situations. Plus, it's fun when it involves bikes and surfboards."

His trick for staying up to it all: "Drink water and get a good night's sleep so you can justify a good session in the pub."

Mix masters

We asked the brand ambassadors for some of our favourite spirits for their absolute best summer cocktail recipes. Here's what they served up.

BY BRIAN GOOD

KENTUCKY BUCK

Ewan Morgan
BULLEIT BOURBON

1 strawberry, chopped
- 20ml lemon juice
- 15ml simple syrup
- 45ml Bulleit Bourbon

2 dashes Angostura bitters
- 60ml ginger beer

TO MAKE
Muddle strawberry, lemon juice, and syrup in a shaker. Add bourbon, bitters, and ice. Shake. Strain into an ice-filled glass. Top with ginger beer.

PARAISO

Jaime Salas
PATRON TEQUILA

- 60ml Patron Silver
- 15ml light agave nectar
- 20ml lime juice
- 30ml aloe vera juice
- 15ml cucumber juice (no skin)

Salt, to taste

TO MAKE
Combine all ingredients and shake well. Strain over ice and serve with an added pinch of salt.

HORSE APPLE

Gabe Cardarella
JOHN DEWAR & SONS NORTH AMERICA

- 60ml Dewar's 12 Year Blended Scotch Whisky
- 60ml fresh apple juice (ideally from a Granny Smith apple)

Fresh horseradish root

TO MAKE
Add Dewar's to a rocks glass and stir in apple juice. Add a large ice cube, then shave fresh horseradish over ice.

SALT AND SEA

Brent Lamberti
STOLI AND ELIT VODKA

2 oz Stoli Vodka
¾ oz lime juice
¾ oz simple syrup
3 cucumber slices
4-6 cilantro leaves
Pinch of sea salt

TO MAKE
Combine all ingredients in a shaker with ice and shake well.

WHISKY SMASH

Matt Klette
REDEMPTION WHISKY

2-3 basil leaves
3 blackberries
- 45ml Redemption High-Rye Bourbon
- 15ml lemon juice

TO MAKE
Muddle basil and blackberries lightly in the bottom of a shaker. Add bourbon, and lemon juice. Top with crushed ice, stir lightly, and serve.

ORANJE SMASH

Brett Goering
KETEL ONE VODKA

2 slices navel oranges
- 10ml agave nectar
- 45ml Ketel One Oranje
- 30ml lemon juice
- 15ml simple syrup

1 dash orange bitters

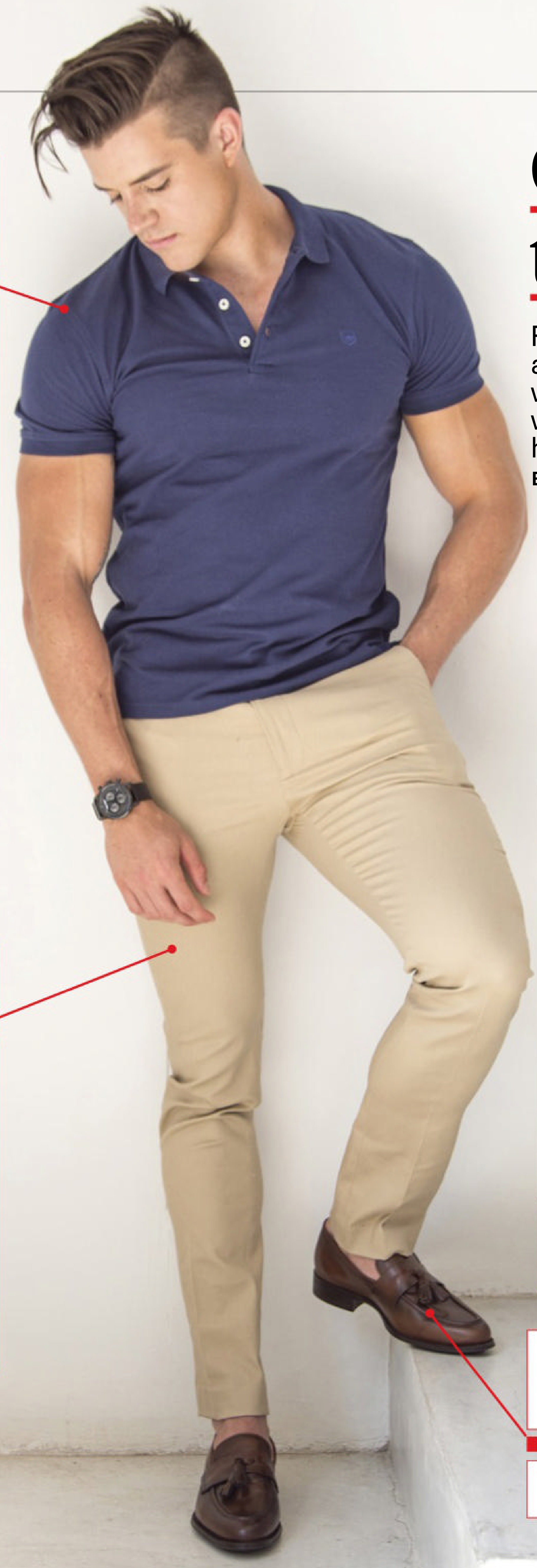
TO MAKE
Muddle oranges and agave nectar in the bottom of a mixing glass. Add remaining ingredients and shake with ice.

Food styling by Roscoe Betsill

Get the look

Fridays at the office generally end a little earlier than the rest of the week, so you'll want to head to work dressed and ready for happy hour after.

BY CHARELLE JOHNSON



The Polo Shirt from ZARA

Keep it casual and comfortable but still professional enough to jet to a quick early morning meeting, by throwing on an easy to wear polo shirt like this one from Zara Man. You'll feel dressed enough for a breakfast meeting and relaxed enough for a quick drink with the boys after hours, at your favourite local bar.

R269, *ZARA*

Timepiece by Calvin Klein

The Everyday Watch by Calvin Klein You don't want to miss happy hour by losing track of time at your desk, or overstay your welcome at the bar. The brown strap and classic face on this timeless piece from Calvin Klein will have your wrist looking spiffy all day long. **R5 850, *Calvin Klein*.**

The Slim Fit Trouser from Topman

Be comfortable in a bar stool or at the boardroom table with a well-fitted pair of trousers that will always keep you looking the part. These beige coloured easy to wear pants from Topman will take you from one social setting to the next.

R889, *Topshop*

CHRIS PINE

The former *MF* cover man knows how to dress for any occasion. Try this crisp summer look to go effortlessly from weekday to weeknight to weekend.

The Go-to Slip-on from ZARA

You'll still want to turn heads and look ready for business, so always keep your shoe-game at its absolute best. This classic pair of faux leather slip-ons from Zara reads will with both casual and professional attire, making them the perfect pair to get! **R1 299, *Zara***

Photography: Kirsten Ho

On The Right Track

We catch up with fifteen-time South African champion sprinting track cyclist and USN Ambassador Jean Smith on his most memorable achievement, preparing for the Common Wealth Games, being a family man, and his pre-game day ritual.

BY CHARELLE JOHNSON

Q *Tell us a bit about how you got into cycling. When did you receive your first bike, and when did you realise you wanted to take it seriously?* I started cycling about 11 years ago. I had a normal mountain bike for going to school and back, but only started track cycling in 2006. In about 2009 I tried to give sprinting a full go on the track. I liked the idea of going to the gym three times a week and then still being able to ride my bike. I was never really built for the road scene. I really wanted to receive my Western Province colours and I knew this was the best way possible for me.

Q *Having won 15 South African championship titles, you must have some serious racing memories. Which would you say sticks out the most?* I think my first individual SA title back in 2010 was surely my most memorable. Even though I'm on another level now than I was back then, there's nothing better than that feeling. Then, the first time I represented South Africa abroad back in 2013 with the late Jeanne Nell and Olympian Bernard Esterhuizen at the Manchester Velodrome - we set a new South African record in the Team Sprint but were relegated to last because of a technicality.

Q *Preparing for a race cannot be a simple walk in the park, how intense is your training leading up to a race?* To give you an idea of what type of training we're currently doing towards our Common Wealth Games trials in November, we are undergoing a strength phase. We do heavy squat training two times a week, standing starts three times a week (this helps with power on the bicycle), we do sprint work consisting of 10s efforts three times a week, 15s efforts and then 30s efforts with big gears. Then somewhere in

Photography: Owen Lloyd

between that, we need to get on the road to recovery. When we begin this phase of training on a Monday, we need a proper massage by Wednesday to help with the recovery in order to finish the week.

Q ***With so much experience behind you, you have probably learnt a lot along the way. What advice would you give someone who is interested in taking cycling to the next level?*** I've learnt so much from both international and local coaches. I would suggest starting in the gym as soon as possible. It takes at least a season to get used to doing a 180kg squat in the morning and to recover fast enough to do a big gear session a couple of hours later. Once you're used to it you will do PBs in that session. It's never too early to start. I wish I were given this advice back in 2007 when I first got interested in sprinting. I had a coach that said I have plenty of time, but that was not the case. Start as soon as possible and have patience.

Q ***Do you have any "pre-game day" rituals you live by before a race?*** I normally just go to the track, do two sprints and then go home to get some rest. Nothing special. I try not to think too much about the racing.

Q ***Tell us a bit about your life beyond the track. Where do you spend your time and where are we most likely to find you?*** When I'm not riding my bike or in the gym, you can find me at a coffee shop. I work for Sanlam so luckily I have lots of time to train. I'm in and out of the office, go home early, and sometimes make dinner for my wife. I'm always within in a 5km radius of the gym and the Velodrome.

Q ***As a family man, your time must be spread quite thinly between being a husband and father and pursuing your passion. How do you manage to get through it all?*** I am lucky that my time is quite flexible. On a normal day, I start my training at 8am and then again at 2pm in order to be home by 5pm and help with dinner and our daughter. The trick is to manage my work around everything else.

Q ***Would you say your family is your biggest motivator?*** Definitely. I want to give them the best that I can. In cycling, I think I'm my own best motivator. I always want to try and become better each year, to see how far I can push myself.

Q How do you celebrate after a big win? A nice braai and awesome company always does the trick.

Q ***Which fellow racer has been your greatest inspiration and why?*** When Jeanne Nell still lived he was my biggest motivator. We pushed each other to the max. He was a great champion. He was down to earth and a very likeable character.

Q ***Being backed by the biggest supplement company in the country, you must have quite an impressive supplement cupboard. What four USN supplements can you not live without?*** I'm so blessed that I have a cupboard full of USN supplements! The four that would be hard to live and train without are my 100% Whey protein in the peanut butter flavour, Creatine x4, Hyperdrive Pre2 and the new Trust bars, also in the peanut butter flavour.

Q ***In terms of your goals, what does the remainder of 2017 look like for Jean Smith?*** My big goal for 2017 is completing the trials to get into the SA team for the CWG 2018 in Australia. All my training is aimed specifically at that. I have three interprovincial championships in between, and a Western Cape championship in October. At the WC championships I will try and break the 200m track record for the Bellville Velodrome, currently held by SA Olympian Bernard Esterhuizen at a time of 10.69 seconds.

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Find some money!

All the tricks, tips, and strategies you need to find hidden treasures – even cold, hard cash – where all the world's snoots are too proud, lazy, or clueless to look **By Jeff Wilser**

IN AMERICA IN 1989, a man at a Pennsylvania flea market bought a painting — ugly art, pretty frame — for $4. Once home, he removed the picture… and discovered under it one of the 24 original copies of the Declaration of Independence.

It later sold at a Sotheby's auction for $2.4 million — proving yet again that one man's trash really is another's treasure.

Happily, we now have myriad ways — both online and off — to sort through all the world's best "junk" and find jewels. Determined to score goodies on the cheap, I went exploring the world of extreme bargain hunting.

This is my map to hidden treasure.

Score with online bargains

In today's modern world there are apps and sites for everything. There are literally thousands of bargains online just waiting to be capitalised on. The trick to finding these treasures is knowing where to look and when, and of course, closing the deal promptly when you actually find something worthwhile. Some great apps to check out include Letgo - a classifieds app that connects buyer and seller based on proximity - and Gumtree. Neat tips and tricks to finding a bargain include using search words like 'urgent' or 'relocating' as well as keywords for the type of items you're looking for. Also, choosing postings that are in your immediate neighbourhood make it easier to meet, view the goods and pay. One major thing to remember is that the asking price is always negotiable, and it doesn't hurt to ask. If someone is serious about selling they would definitely appreciate a fair offer, just try not to low-ball, that isn't cool. As with anything good, there are the bad weeds and scammers. Try to be vigilant in your search for riches, the aim is to make money, not lose it. If something sounds too good to be true, then it probably is.

Mine for gold at your local thrift

First move: Pick the right place.

The Salvation Army and Goodwill are best because the donations are

Getty Images; iStock

mountainous, and often the workers sorting and pricing them have a not-so-great grasp of what they're worth. At a fancier thrift or antique-type store, deals can be rare.

Next: Reconnaissance. Chat up a worker and ask when donations usually come in. At my local thrift, I was told most people donate on weekends, so by week's end, inventory has dwindled. Find the sweet spot.

Have patience. "Many thrifts are disorganised, so it takes great care to find things", says Justin Cupler of *thepennyhoarder.com*, which is chock-full of money-saving ideas. "Move items, look in corners, dig through boxes."

And watch for new merch. One Saturday, I hit a thrift and combed through menswear, finding only Cosby sweaters, ugly shorts, white jeans (I can't pull off white jeans) — just a whole lot of nothing. Then I spotted them: employees stocking shelves out of bins — the unspoiled goodies! I nabbed a perfect-fitting J.Lindeberg windbreaker, a new sports coat, and a 7 for All Mankind sweater, all for a fraction of their retail cost.

Two more tricks: See a shopper with an item you want? Play it cool. Just tag along behind as he shops, then if he puts the item down — grab it! And never set something down thinking you'll "come back for it". Trust us, it won't be there.

Find gems at yard, garage, and estate sales

Eternal vigilance isn't just the price of freedom; it's also the key to successful garage- and yard-saling.

I began by looking for not-too-far-away yard and garage sales on the net (the better the neighbourhood, the better the stuff) and watched for signs for nearby yard sales — even tiny sidewalk sales — I'd normally overlook.

Saturday morning, I hit my first spot and began sifting through junk. I even rummaged through kiddie stuff — and, voilà, a Macbook external keyboard.

Once you score, don't be afraid to negotiate: "Yard sales are all about making deals", Cupler says. "Scoop up some items you want and ask for a package deal. Don't offend the seller by shooting too low, but asking for 25 to 50% off isn't crazy." (The keyboard was also cheap, so I didn't have the heart to try.)

Like the buzz? Try an estate sale—a sort of "garage sale on steroids" (especially if Gramps just died and the family is clearing out the house), says Pam Carlson of Ready Set Sale!

"For the best loot, be there early the first day to see the full inventory." Want the deepest discounts? "Go the last hour of the last day — sellers don't want to be stuck with the stuff, so prices drop drastically."

One of our *MF* editors, a Jedi dumpster diver, found a brass-and-iron bed she then sold on Craigslist for R10 000.

Dumpster dive for prizes

You don't need to actually pick through swill or wallow in a dumpster to win the garbage game. Instead, hunt on "bulk-trash days" (most cities have them), when people toss out big stuff — furniture, TVs — and roam with an open eye.

The Jedi master of bulk-trash day (OK, *any* trash day), *Men Fitness*' own Nina Combs, has found the following loot: a new Keurig coffeemaker still in the box, a wood coffee table whose top rises to turn it into a desk, two antique lamps with silk shades, and a brass-and-iron bed she then sold on Craigslist for R10 000.

More amazing, a guy she knows found on the curb a Regency table that, refinished, sold at Christie's for R30 000. That really happened.

With these images dancing in my head, I went looking myself — and within an hour had found a pristine black dresser that fits my bedroom perfectly. Cost: R0. I was hooked.

Final pro tips from Combs: Yes, you do need to be wary of bedbugs, so research online to become an expert at spotting them. (Wood furniture with no cloth is safest.) And *never* hunt in a pile with mattresses or furniture wrapped tightly in plastic — a dead bedbug giveaway.

But the bedbug plague has an upside, too: If you spot a find you can't cart right home, take paper and write "BEDBUGS" on it in big letters, then stick it on. Unlike with that item you'll "come back for" at the thrift store, no one will touch it!

Flip your stuff into cash

What about your own junk? I realised I had a whole collection gathering dust: DVDs and Blu-rays. I'm too lazy to host a yard sale, so I used the app Letgo. Here you conveniently register a profile, post your item, then chat with buyers in your immediate vicinity. I really like the interface and the option to register your profile with Facebook somehow gives buyers (and I guess sellers) that little bit more credibility.

My final haul: A gift card, windbreaker, sports coat, sweater, keyboard, dresser, and zero copies of the Declaration of Independence. But don't think I've given up on that... ■

@Jeff Wilser is the author of Alexander Hamilton's Guide to Life.

Fire up your love affair

Need to get your relationship back on track after growing apart? Scratch the freezer burn off your once-hot romance? These smart steps should do the trick.

By Jonathan Rowe

THERE ARE MORE THAN 7000 known spoken languages on earth, and the lamest sentence in all of them is: "If you love something, let it go."

That's especially true when it comes to reconnecting with a person you love, from whom you feel you've grown apart. Decide to just "let it go", and you can probably kiss that love affair goodbye for good. But put in some due diligence, and you've got a shot at not just recementing your bond but also rekindling your love.

We asked marriage and family therapist Winifred M. Reilly, author of *It Takes One to Tango: How I Rescued My Marriage with (Almost) No Help from My Spouse — and How You Can, Too,* to walk us through how to pull things together when they seem to be coming apart.

Swallow your pride

To paraphrase the waffle ads, "Leggo your ego". Yes, admitting there's trouble in your relationship can be tough and can make you feel vulnerable — but don't look at it as a personal failure. It takes a strong person to take that first step, so give yourself credit for realising there might be an issue.

Accept that it might be one-sided... at first

Just because you've decided to commit to reviving your relationship doesn't mean your partner will be on the same page — at least right away.

But your efforts will still have an effect, says Reilly. "When one partner changes how they operate, the marriage inevitably changes. Being more hopeful and motivated makes you a committed spouse, not a doormat."

It's not fair, Reilly adds, "but which is worse — being the first to stand up for a healthier relationship, or having that relationship go down the drain?"

Broach issues one at a time

No matter what your disagreements are about — less-inflammatory subjects like how to spend your free time, or hotter topics, like how to spend your money — "approach each subject separately, without attack or blame", Reilly advises. "Own your part and what you want to do."

Should tempers flare, keep an even keel. "Say things like: 'We're about to get into our miserable circular fight. Let's talk when we've cooled off'." During the time-out, take a third-person perspective on your part in the dilemma. "You might realise you're picking her every word apart and ignoring her message", says Reilly.

Review and reset

"Look at how many hours a week you gaze into your phone instead of your partner's eyes", says Reilly. It's OK if you miss a score update from ESPN. When you come home, spend uninterrupted time to reconnect. "Set boundaries about no phones during dinner, while with your kids, or in the bedroom." And speaking of bed...

Dial down the porn

Too much fantasy can stifle your real life, says Reilly. "Look at your porn use. If it's getting in the way of real in-the-flesh intimacy, see what happens if you cut back or give it up entirely."

Stop comparing

"Everyone's marriage looks like paradise", Reilly says, especially when idyllic pics of happy couples are plastered on everybody's Facebook pages.

"But what they don't show is that, right after those pictures were taken, they had a screaming match about how to fold a T-shirt and didn't speak for two days. So remember, you're not the only one whose marriage isn't a glorious walk in the park."

Be hopeful but realistic

"A good marriage isn't one with no difficulties", says Reilly, "it's one where people know how to reconnect when things go south".

Few things that are broken can't be fixed; start the repairs now, and your marriage could be better than ever. ■

Jamie Chung/Trunk Archive

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Earn It!

Making money work for you

Financial fitness

By this time of year I am certain that you are starting to look forward to the festive season, holidays, family and all things jolly! Work has been busy; life has been even busier so when the end of the year approaches we are mostly ready for some downtime and relaxation.

By Kim White

JUST BEFORE YOU GO into total relax mode I want to take this opportunity to urge you to spend some time on your own financial health. In much the same way as one takes care of their health and fitness, there's time spent on planning our meals, our strength training, our cardio programs and then we also take time to review our progress thus far.

Warren Buffet said, "Someone's sitting in the shade today because someone planted a tree a long time ago."

These sentiments are so true and they really got me thinking. Now is the time to take stock and to financially arm ourselves in such a way that 2018 is the year that we make leaps of financial progress and reap the benefits of thinking smart.

If you haven't already submitted your personal tax return, the deadline for submissions to SARS is 24 November for non-provisional taxpayers and 31 January for provisional taxpayers.

SARS have provided that you don't need to submit a tax return for the year if your total gross salary is less than R350 000, provided that:

- You only have one employer (If you have two employers or income sources e.g late spouse/partner pension income, exam markings income, rental income, moonlighting income etc. You do need to file even if the total is still under R350 000.)
- You have no car allowance or other income (e.g interest or rent).
- You are not claiming tax-related deductions (e.g medical expenses, retirement annuity contributions, travel expenses, etc).
- You received interest from a source in South Africa not exceeding:
  - R23 800 if you are below the age of 65 years; or
  - R34 500 if you aged 65 years or older.
  - R23 800 in the case of the estate of a deceased person.
- Dividends were paid to you and you were a non-resident during the 2017 year of assessment.
- Amounts received or accrued from a Tax-Free Investment.

A 'provisional taxpayer' is:

i) A person (other than a company) who earns income which is not remuneration, an allowance or advance as contemplated in section 8(1) or who earns remuneration from an employer that is not registered for employees' tax.

ii) A company; or

iii) A person who is notified by the SARS Commissioner that he/she is a provisional taxpayer.

If your tax affairs have some complexities, I would advise that you seek the professional guidance from a registered tax practitioner. You may decide to ask your friends and family if they have a trusted tax consultant that they would be happy to recommend, this would ensure that your tax affairs are well managed and that you get the most benefit out of your annual submission to SARS.

This is also an excellent time to review your finances. With price increases happening all the time and interest rate uncertainty, having a clear and documented snapshot of your financial affairs will allow you to make better financial decisions in the short and long term.

I have identified 5 important financial steps that in my opinion will give you a running start to gaining true financial fitness. You can download one of many useful apps that provide great tools to document and track your progress or an excel spreadsheet will prove just as effective.

1. Update your personal balance sheet

Your balance sheet calculates your net worth by comparing your assets (what you own) against your liabilities (what you owe). The difference between the two is your personal net worth. List each asset together with its current value, include your properties, furniture and personal effects, vehicles, boats, bank balances, investments including policies, business interests etc. Liabilities would include, but are not limited to your bonds, vehicle finance, overdrafts and credit cards. Update your balance sheet at least once a year if possible. This financial snapshot will give you a very good idea on whether your net worth has increased or decreased over the last 12 months. Your personal balance sheet is also critical when one starts looking at estate planning, but we will get there a little further on.

2. Create a budget

If you are serious about getting ahead financially you should set aside time to set up a budget wherein you can manage your monthly income, bills, spending and of course savings. This will ensure that you're not spending more than you earn and that you are able to save for your financial goals. If you need more guidance, consider hiring a certified financial planner who can help you better understand your money and create a financial plan that will help you reach your goals. As a start, list your income and detail your monthly expenses right down to bank charges so that you have a good idea of how your hard-earned cash is spent. It becomes an effective process to, at the same time, track the accuracy of your expenses on a monthly basis, and by accuracy I mean that your budget and the actual monthly spend are closely in line.

3. Push to pay off your debts

In tough times interest rates can be volatile. An increase in interest rates will cause your bond, vehicle and credit card instalments (to name a few) to increase which will have a direct impact on your monthly budget.

The personal balance sheet that you have created lists each debt/liability and let me say this, not all debts are created equal. Our homes and vehicles generally need to be financed because of their sheer quantum but shorter-term loans come at a premium! Please don't be fooled by the attractive advertising and personalised letters which state that you qualify for these loans, interest rates can be incredibly high and payment periods can be over a longer period (so you may end up paying for that financed holiday until 2025!). Too many of us fall prey to instant loans for instant gratification, being able to do what you want to do right now.

Pinpoint the high-interest debt that appears on the personal balance sheet, and as part of your monthly budget, pay off as much as you can, before you know it you will start to feel more financially free.

4. Build up a nest egg

Start now. Please start now.
Start by inserting a line into your monthly budget for two types of savings:

✓ Savings for incidentals, emergencies, holidays or home renovations.

✓ Saving over a long term in the form of investments, unit trusts, shares and more. Remember what Warren Buffet said about planting the tree? Building up your savings takes time and that time is now.

We also tend to put off retirement savings. We're young and active now but time flies, so ensure that your monthly budget allows for this important investment. To get the maximum tax benefit for retirement savings individuals should save 27.5% of their taxable income up to a maximum of R350 000 per annum.

5. Where there's a will, there's a way

Death is a morbid subject I know, but you don't want your family worrying about finances if something happens to you, and you certainly don't want your estate bearing unnecessary costs and taxes. Spend some time deciding on how you would want your assets distributed, you have created your personal balance sheet, now go through this and plan out who should benefit from your net worth, be as specific as possible even if comes down to asset by asset. If you have children make sure that you have decided on who will take custody of them if they are still minors and carefully consider who you would elect as executor of your estate. Once you have a clear plan on these things I would enlist the assistance of an attorney, a financial planner or your bank to prepare the document and to advise you accordingly.

You should also choose someone to have power of attorney if you become incapacitated and I would strongly advise that you also have a living will so that you will receive medical care in accordance with your wishes.

Take a little time out before the year-end rush to have a one-on-one with your personal finances. These 5 easy steps will give you great peace of mind, and energy to make incredible financial progress in the coming year. The lesson here is to be a forward thinker when it comes to your personal finance. The most certain path to wealth is to start with the basics, to build on from there and to keep focussed on the long-term plan.

"Financial fitness is not a pipe dream or a state of mind. It's a reality if you are willing to pursue it and embrace it."
– Will Robinson. ■

MANNING THE GRIL

These light, bright dishes from culinary icon BOBBY FLAY will bring flavour fireworks to your next braai bash. And you don't have to be a grill master to master them!

PHOTOGRAPHS BY JIM FRANCO

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BOBBY FLAY throws down on diets, running marathons, and his one must-have kitchen tool

BY THERESA GAMBACORTA

MEN'S FITNESS **You just ran the London Marathon. How did it go?**

BF It was more challenging than New York, which I've run three times. Every ache and pain you ever had just comes back. But it was something I really wanted to do – I even stopped drinking for 4½ months!

How do you stay fit?

Cycling classes, Barry's Bootcamp, and running. I've always been a runner. I ran competitively in high school.

How do you feel about diets?

I don't like diets. They work for a very short period of time. I eat anything I want, though not processed or fast food. I eat three-quarters of what's on my plate. And I don't eat late at night anymore – as a person who's in the restaurant business, that's a hazard.

You're a New Yorker – so how did you become such an inveterate griller?

When I was about 5 or 6 years old, my family would rent a house on the Jersey Shore. We'd cook outside – hamburgers, hot dogs, grilled corn, lobsters, and stuff like that.

Where do you stand on gas vs charcoal?

I have both in my house. If I'm gonna cook an elaborate braai meal, I'm gonna use charcoal. If my daughter's like, "Dad, can I get a cheeseburger?" I'll turn the gas grill on – it's just easier.

What are some dishes every guy should know?

He needs to be able to make five dishes: a steak, a chicken, a pasta, a fish, and definitely a salad. If he can master one in each category, his repertoire will grow.

What's one tool everyone should have in their kitchen?

A cast iron pan. You can use it to cook eggs, steaks, potatoes, vegetables. And it holds the heat really well.

What's the best food town in the US?

New York always and forever. But there are some really good things happening in Albuquerque, too, which interests me a lot 'cause I play so much in that Southwestern pantry.

What would you pick for your last meal?

A cheeseburger with extra cheese and an ice cream sundae. No question about it.

Grilled Eggplant with Quinoa Tabbouleh Relish and Lemon-Honey Drizzle

SERVES 6 TO 8

QUINOA RELISH

¾	cup white quinoa
1	cucumber, diced, seeds removed
12	cherry tomatoes, quartered
2	green onions, halved and thinly sliced
½	cup chopped fresh parsley
¼	cup chopped fresh mint
1	tsp lemon zest
	Juice of 1 lemon
2	tbsp olive oil

GRILLED EGGPLANT

4	baby eggplants
¼	cup canola oil
	Salt and pepper
½	tsp ground cumin
¼	cup clover honey
1	tsp lemon zest
	Juice of 1 lemon

DIRECTIONS

1) Cook quinoa following package directions. When done, fluff with fork, then spread to cool.

2) To make relish, combine all ingredients in a large bowl and mix well. Cover and refrigerate.

3) Preheat grill to high. Trim the tops off eggplants. Cut each eggplant in half lengthwise and score the cut sides in a crosshatch pattern, going about 1cm deep. Brush both sides with oil. Season fleshy side of eggplant with a mixture of salt, pepper, and cumin. Place eggplant on grill, flesh-side down; cook until golden brown and charred, 3 to 4 minutes. Flip and repeat.

4) Serve eggplant cut-side up with quinoa. Whisk together honey, zest, and lemon juice and drizzle over top.

PER SERVING

CALORIES 503 | **PROTEIN** 15g | **CARBS** 84g | **FAT** 14g

Tandoori-Style Chicken Tacos with Raw Onion-Coriander Relish

SERVES 6 TO 8

INGREDIENTS

- 1¾ cups coriander leaves
- ¾ cup mint leaves
- 1 small poblano chilli, coarsely chopped
- 4 garlic cloves, crushed
- 1 cup reduced-fat, unsweetened coconut milk
- Zest of 1 lime
- ¼ cup lime juice
- ½ tsp cinnamon
- ½ tsp ground cardamom
- ¼ tsp ground cloves
- 8 boneless, skinless chicken thighs (700g), cut into 1cm pieces
- 1 small Spanish onion, halved and thinly sliced
- Salt and pepper
- Wooden skewers soaked in water for at least 2 hours
- Canola oil
- 8 Bibb lettuce leaves
- Flatbread, warmed
- Lime wedges

DIRECTIONS

1) Put 1½ cups coriander, mint, poblano, and garlic in a food processor and pulse until coarsely chopped. Add coconut milk, lime zest and juice, cinnamon, cardamom, and cloves; process until smooth.

2) Put chicken into a large bowl, pour marinade over, and toss to coat each piece evenly. Cover and refrigerate for 4 to 12 hours. Remove chicken from refrigerator 30 minutes before grilling.

3) Put onions in a bowl, add water, drain, return to bowl and repeat. Return onions to bowl, cover with 2 cups of cold water and 1 tsp of salt and let sit at room temperature for 30 minutes to 2 hours. Drain onions and rinse with cold water, drain again. Return to bowl. Finely chop remaining ¼ cup coriander and add to onions.

4) Heat grill to high. Remove chicken from marinade and pat dry with paper towels. Thread several pieces of chicken onto each skewer so that the meat lays flat. Season with salt and pepper and drizzle with canola oil.

5) Grill chicken until golden brown and charred on both sides, about 4 minutes per side. Place skewers on a platter and let rest for 5 minutes before serving. Put 3 pieces of meat in the centre of each lettuce leaf and top with onions. Serve with flatbread and lime wedges.

PER SERVING
CALORIES 330
PROTEIN 32g
CARBS 21g
FAT 18g

Grooming by Lisa Aharon: styling by Courtney Fuglein and Arielle Silva

TIP

THE LONGER YOU MARINATE A DISH, THE MORE MELDED AND VIBRANT THE FLAVOURS ARE.

Grilled Corn Disks with Smoked Paprika Vinaigrette

SERVES 8

INGREDIENTS

- ¼ cup lime juice
- Pinch of sugar
- 1 large garlic clove, chopped to a paste with some salt
- 1 tsp finely chopped fresh thyme leaves
- ½ tsp smoked paprika
- Salt and pepper
- 5 large ears of corn, husk and silks removed
- Canola oil

DIRECTIONS

1) Whisk lime juice, sugar, garlic, thyme, paprika, and ½ tsp salt and ¼ tsp pepper in a large bowl. Let sit at room temperature to allow flavours to meld while you grill the corn.

2) Heat grill to high. Brush corn with canola oil and season with salt and pepper. Grill on all sides until lightly charred, about 4 minutes. Place on a cutting board and let cool for 5 minutes. Slice crosswise into 4cm disks, add to the bowl with vinaigrette, and toss to coat. Let sit until ready to serve.

PER SERVING
CALORIES 184
PROTEIN 4g
CARBS 24g
FAT 10g

Greek Fish Taco Bowl with Slaw, Dill Ranch Dressing, and Crispy Chickpeas

SERVES 6 TO 8

DILL RANCH

½ cup mayonnaise
½ cup Greek yoghurt
2 tbsp buttermilk
1 garlic clove, finely chopped to a paste
2 tsp dill pickle juice
½ tsp Dijon mustard
¾ tsp sugar
½ tsp kosher salt
⅛ tsp black pepper
¼ cup chopped dill

SLAW

1 head romaine lettuce, shredded
2 green onions, thinly sliced
2 tbsp olive oil
2 tbsp lemon juice
Salt and pepper

GREEK FISH

Juice of 1 lemon
¼ cup olive oil
2 tsp dried oregano
· 700g fresh halibut
Salt and pepper

CHICKPEAS

2 tbsp canola oil
1 (440g) can chickpeas, rinsed and well-drained
Salt and pepper

DIRECTIONS

1) Make ranch: Whisk together all ingredients. Cover and chill at least 30 minutes.

2) Make slaw: Toss together all ingredients in a large bowl.

3) Prep fish: Whisk together lemon juice, olive oil, and oregano in a baking dish. Add fish and turn to coat. Cover and refrigerate for 30 minutes.

4) Cook chickpeas: Heat oil in a sauté pan on grates of a grill set to high. Add chickpeas and cook until crispy, stirring constantly. Season with salt and pepper.

5) Cook fish: Season top of fish with salt and pepper, place on grill, salt-side down, and cook until golden brown and slightly charred, about 4 minutes. Carefully turn over with a spatula and repeat, cooking until fish flakes easily.

6) To serve, put 120 to 140g of fish over slaw, drizzle with the dill ranch, and top with crispy chickpeas. If desired, garnish with chopped dill and thinly sliced green onion.

PER SERVING
CALORIES 884 | **PROTEIN** 59g | **CARBS** 19g | **FAT** 64g

Bobby Flay's Top 5 Grilling Tips

1 Invest in a chimney starter, which you load the charcoal into to get the braai lit easier.

2 Get a great wire brush to clean the grill. And clean it *after* you heat the grill up, not before.

3 Let the grill do its job. Don't flip, turn, flip, turn food – for the most part, you need to turn it only once.

4 Want your bone-in, skin-on chicken to be crispy? Think: low and slow, not fast with high heat.

5 To bring out the best flavours, season everything with salt and pepper on both sides.

TiP

STRAINING THE RICOTTA TO DRAIN EXCESS LIQUID MAKES THIS DESSERT'S "CREAM" THICKER.

Berries & "Cream"

SERVES 8

INGREDIENTS

- 1½ cups part-skim ricotta cheese
- 2 tbsp light brown sugar
- 2 tbsp orange juice
- 1 tsp orange zest
- · 450g fresh strawberries, hulled and sliced
- ½ cup toasted sliced almonds
- Fresh mint

DIRECTIONS

1) Place ricotta in a small strainer over a bowl and refrigerate for at least 2 hours and up to 8 hours.

2) Transfer strained ricotta to a bowl, add brown sugar, orange juice, and zest and whisk until light and fluffy.

3) Divide strawberries among 8 bowls and top each bowl with a dollop of the "cream" and garnish with almonds and mint sprigs.

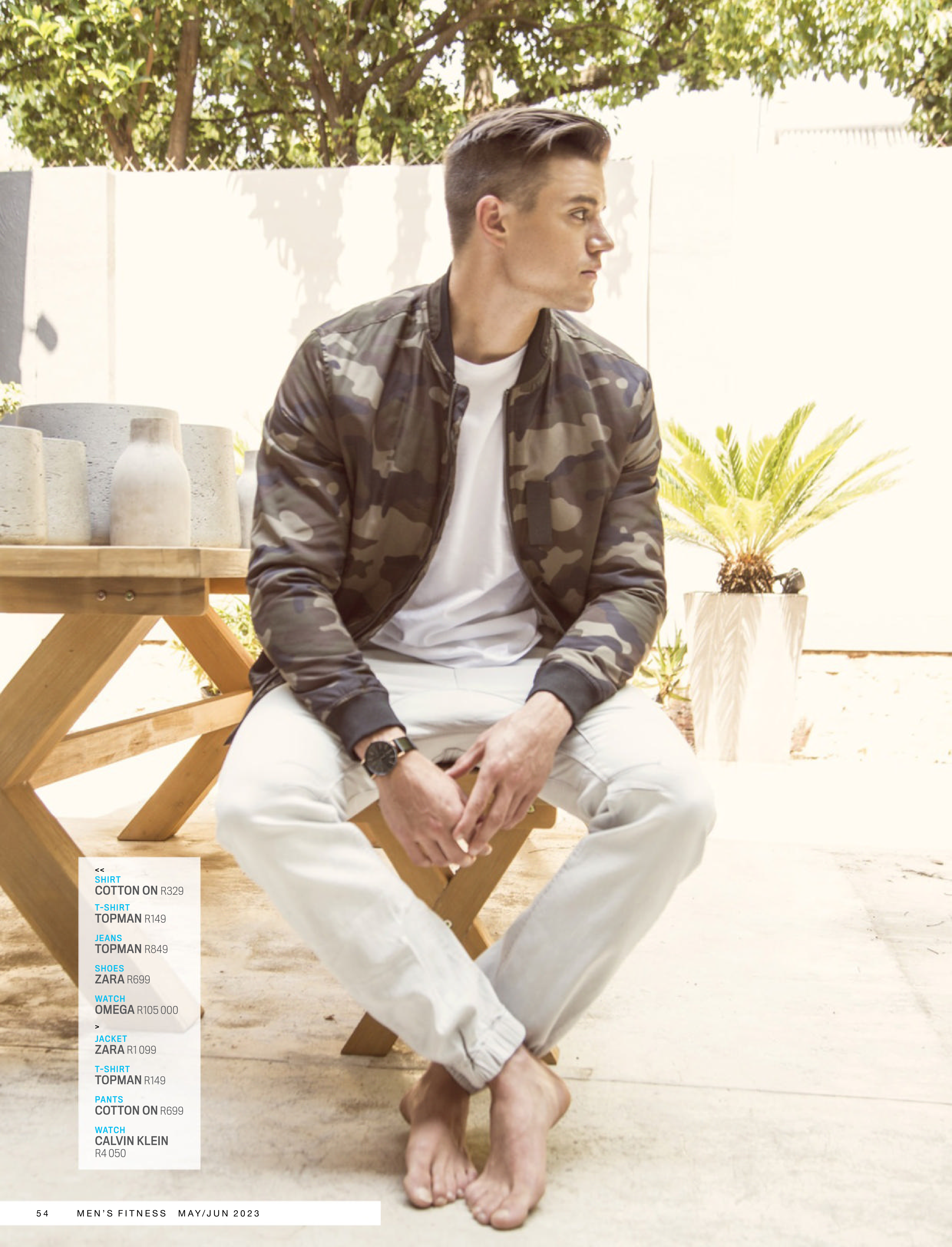
PER SERVING
CALORIES 189
PROTEIN 8g
CARBS 23g
FAT 7g

Now trending

Keep it cool for the summer with these easy to copy looks that will keep you styling without hassle.

BY CHARELLE JOHNSON

PHOTOGRAPHY: KIRSTEN HO
GROOMING: ALEXA CHARILOU
MODEL: JESSE PRETORIUS



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SHIRT
COTTON ON R329

T-SHIRT
TOPMAN R149

JEANS
TOPMAN R849

SHOES
ZARA R699

WATCH
OMEGA R105 000

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JACKET
ZARA R1 099

T-SHIRT
TOPMAN R149

PANTS
COTTON ON R699

WATCH
CALVIN KLEIN
R4 050

SHIRT
COTTON ON R449

T-SHIRT
TOPMAN R229

SHORTS
COTTON ON R499

BANDANA
ZARA R129

WATCH
BOMBERG R23 000

BRACELET:
BELLAGIO JEWELLERS R2 995

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T-SHIRT
TOPMAN R269

PANTS
COTTON ON R699

WATCH
BELL & ROSS
R50 000

BAG
ZARA R999

>

T-SHIRT
TOPMAN R149

JEANS
TOPMAN R849

SHOES
ZARA R699

WATCH
OMEGA R105 000

Life in space – where your bodily fluids go haywire, your bones become brittle, and your muscles weaken at an astonishing rate – is pretty grim for us earthlings. That's why, as NASA sets its eyes on taking that next giant leap into the future – deep space – it's getting behind astronauts with a different kind of right stuff: crazy hardcore fitness regimens.

By **Ron Berler**

Photographs by **Dan Winters**

Rocket

Shane Kimbrough trains for his expedition, an international mission, at Johnson Space Center, in Houston.

SPACE SHUTTLE
NASA

power

Miraculous things happen in space, roughly 350km above the Earth, where the International Space Station (ISS) speeds across the sky at about 8km per second.

Here, where the ISS's constant free fall over the planet's horizon simulates the conditions of microgravity, you can twirl weightlessly, launch a 230-kilogram object with a small flick of a finger, and fly across the room, arm outstretched, like Superman in full save mode. In fact, visit Mission Control at NASA's Johnson Space Center in Houston, USA, with its theatre-size video screen showing live what's happening in space, and you'll sometimes see firsthand an astronaut doing exactly that.

But terrible things also happen to your body there — some catastrophic, some even irreversible. Spending just weeks floating out of the reach of gravity is equivalent to being in a lengthy hospital bed rest: Your blood volume drops, which means the heart has less blood to pump and begins to atrophy. With that goes your stamina (from VO2 loss), your aerobic and anaerobic fitness, and your strength. Some of the bodily fluids in your lower extremities shift to your head, swelling your face and causing bruising headaches. One of those liquids, spinal fluid, flattens the back of your eyeballs and inflames your optic nerve, which may cause blurry vision and could even cause far-sightedness, new research shows — in fact, almost two-thirds of astronauts who've spent months at the ISS have reported problems with their eyes. You also run a heightened risk of kidney stones.

As if that's not devastating enough, in a reduced-gravity environment, your bones lose minerals and begin decreasing in density at a rate of more than 1% per month. (By comparison, elderly men and women on Earth lose density at 1% to 1.5% a year.) This makes the bones weak and brittle and puts you at greater risk of osteoporosis-related fractures later in life. Oh, and your muscles, including those in your spine, wither rapidly.

Few know this better than astronaut Robert "Shane" Kimbrough. As you're reading this, it's likely that Kimbrough is on his way or just back to Earth from the International Space Station, where since October 2016 he commanded Expedition 50, whose stated mission was, in part, to study the effects of microgravity on the body's ability to heal and to research "how lighting can change the overall health and well-being of crew members".

Once the Soyuz Descent module has parachuted onto the steppe of Kazakhstan in central Asia, Kimbrough will return to NASA's Johnson Space Center, where researchers will subject him to months, even years, of testing, evaluation, and rehabilitation to gauge the long-term effects of living in microgravity.

What kind of extreme training does it take to endure, much less thrive, in space for months — and possibly years — on end?

More important, what kind of man?

Except by express invitation, only astronauts and support staff can enter Building 26 at the Johnson Space Center in Houston.

Hidden inside this nondescript, buff-coloured cinder block structure on the northeast side of NASA's 160-acre campus is a high-tech, state-of-the-art fitness centre where America's 44 current astronauts train for their missions into space. Half the length of a football field, the gleaming, airy gym is as spotless as a showroom floor, with row upon row of resistive machines, stationary bicycles, free weights, treadmills, and elliptical trainers, as well as a half-court basketball floor and a 23-metre, two-lane lap pool — everything a fitness junkie could desire.

On this warm May morning in 2016, several months in advance of his autumn space shot, Shane Kimbrough, an energetic, military-fit, 50-year-old retired US Army colonel, is grinding his way through a cardio-and-weightlifting regimen designed to place as much stress on his body as possible and hammer his skeleton and musculature into near-superfit form. Kimbrough has been performing the routine for almost two years in preparation for his upcoming flight mission; in that time, he's done enough running, lifting, and squatting to satisfy the most demanding of professional trainers — not surprising, since Mark Guilliams, who worked with the Houston Astros, is now NASA's lead specialist on astronaut strength, conditioning, and rehabilitation.

At this moment, Kimbrough, dressed in grey and black workout clothes, is standing astride a futuristic-looking "universal gym", a piston-pulley-and-bar contraption called ARED (short for Advanced Resistive Exercise Device). He steps into its steel platform, slips beneath

Kimbrough on the COLBERT treadmill. In 2016 one astronaut actually "competed" in the London Marathon on it during a space mission.

> **"It's really challenging to move a big, white suit that weighs about 140 kilogams. Being able to control one takes strength and technique."**

a weight bar attached to a pulley, spreads his feet shoulder-width apart, and does a set of squats. He sets down the weight, spreads his feet as wide as he can manage, into a sumo squat — one of the most demanding, full-body-blasting moves a human can do — then resumes lifting.

He follows this with a third set of squats, this time standing on one foot. Then another set, balanced on the other, to work the hip-adductor muscles. He sets the weight down, changes the load, and does a set of punishing shoulder presses. And on and on until sweat is dripping off him, his workout gear soaked through.

It's all part of the targeted, intensely rigorous regimen that NASA's physical training staff has devised in hopes of keeping the bodies of astronauts like Kimbrough from essentially deteriorating while being subjected to the harsh realities of space travel.

Which is why, the day we meet him, Kimbrough is here sweating through yet another training session, readying his body for the next expedition.

Though, in truth, he's been preparing to go into space his entire life.

One astronaut's lifting gloves after a regimen dominated by squats and heavy deadlifts.

From a very young age, Shane Kimbrough wanted to be an astronaut. His grandparents, who lived in Florida, USA, would take him to the nearby Kennedy Space Center to watch the Apollo astronauts blast off. Neil Armstrong and Buzz Aldrin were his first heroes.

For college he chose West Point — "for the challenge", the same reason he yearned to fly Apache helicopters.

Eventually he served as a platoon leader in Operation Desert Storm in Iraq and was put in charge of six Apaches. He and his group flew nightly missions deep behind enemy lines, videoing the terrain that US ground troops would cross when they eventually attacked. It was perilous work. "I've always been one of those guys — I just want to do what people think I can't do", Kimbrough says. "If somebody says I can't, I'm going to do it."

When he returned home, his flying experience got him a job training astronauts to land the space shuttle. Three years later, in 2004, NASA chose him for its astronaut corps, where he began working with trainer Guilliams, who saw Kimbrough — a star pitcher during his years at West Point — as a good athlete of average size who needed to get stronger if he wanted to actually fly missions. "He came from a military background and hadn't done a lot of weight training", Guilliams says. "We taught him the squat, the deadlift."

Why those lifts? "It's a question of gravity", he explains.

When gravity is virtually absent, as it is in space, demands on the body change, as do the body's responses. Watch any video of an astronaut manoeuvring about the space station and you'll see that he or she is like a monkey swinging through trees — all shoulders and arms. "With any muscle, if you don't use it, the body just says, 'OK, I don't need it'", Guilliams says. "It's the same thing with bone. If there's no stimulus on the bone from standing or walking around all day, the body says, 'Well, I don't need bone', and it starts withering away."

Countering the risk of bone loss means emphasising load-bearing exercises. "Most of the bone loss we see is in the lower back, the femoral neck, and the greater trochanter, which is in the hip", Guilliams says. "So, we focus on hip-dominant exercises — squats and deadlifting. Those are the main exercises we build the whole program around. They're also multi-joint, multi-planar movements. We wanted to move his joints in as many different planes as we could, so we threw him everything just in case, so he'd be prepared. Maybe Soyuz lands five hours away from where Mission Control thought you were going to land, and you have to get out of the capsule, and it's 30 below zero. You have to be ready for anything. An astronaut doesn't have to be a great athlete, but he has to be fit overall. You're better off being good at many things than really good at one."

The big lifts are also important for astronauts not just while they're in space, but once they return home. For some, it takes months, even years to restore their bone mass. For others, it never fully returns.

Former U.S. Army colonel and Apache pilot Shane Kimbrough, currently a NASA astronaut.

Kimbrough never wanted that to happen to him.

In 2007, Kimbrough was assigned to his first mission, STS-126, slated to deliver equipment and supplies to the International Space Station in 2008. As is the case with every astronaut, at that point his training regimen became targeted — meaning, Guilliams and his team designed a fitness program specifically for his body type and needs. Because the reality is, just as you need to top off your gas tank before you start a road trip, you need to be jacked before you start a space flight — your bone strength and musculature demand it.

"Mentally, being a guy who works out a lot, it just gave me some peace of mind", Kimbrough says of the workouts he did to prepare preflight. Yet, even though the 16 days he spent in space weren't enough to cause him noticeable bone loss, he did lose muscle strength that took him several months of dedicated gym time to recover.

If that kind of damage can be done in just 2½ weeks, imagine the pummelling a body will take in expeditions that are more than five months long.

Fortunately, since 2006, NASA has gotten better at not only training astronauts until they've reached a level of super fitness preflight but also helping them maintain their muscle and bone strength while they're on the space station itself, via regular, hyper-specific exercise regimens using high-tech equipment that allows for complete, efficient workouts.

"I've always been one of those guys – I just want to do what people think I can't do."

Astronauts use three primary machines for the bulk of the workouts they do while living on the ISS: One is the ARED, the sci-fi-looking weightlifting contraption Kimbrough is pumping away at the day we meet him. The others — one a treadmill, the other a stationary bicycle — are also installed in both the NASA gym and the space station, so astronauts can get accustomed to them before they rocket into space.

At the NASA gym, the bike, a Cycle Ergometer with Vibration Isolation and Stabilization System — or CEVIS — is stationary. In orbit, CEVIS is little more than a box bolted to the floor with pedals protruding from each side, with a seat and handlebars. Thanks to microgravity, the version on the space station doesn't have a seat or handlebars — instead, crew members just wear a pair of bicycle shoes, clip into the pedals, and pedal away, as if riding a unicycle.

The exercise surface of the treadmill — the Combined Operational Load-Bearing External Resistance Treadmill, or COLBERT, for the talk-show host, a huge NASA fan — consists of a series of hard rubber, tank-like slats, rather than the bouncy belt loop you'd run on at a fitness club.

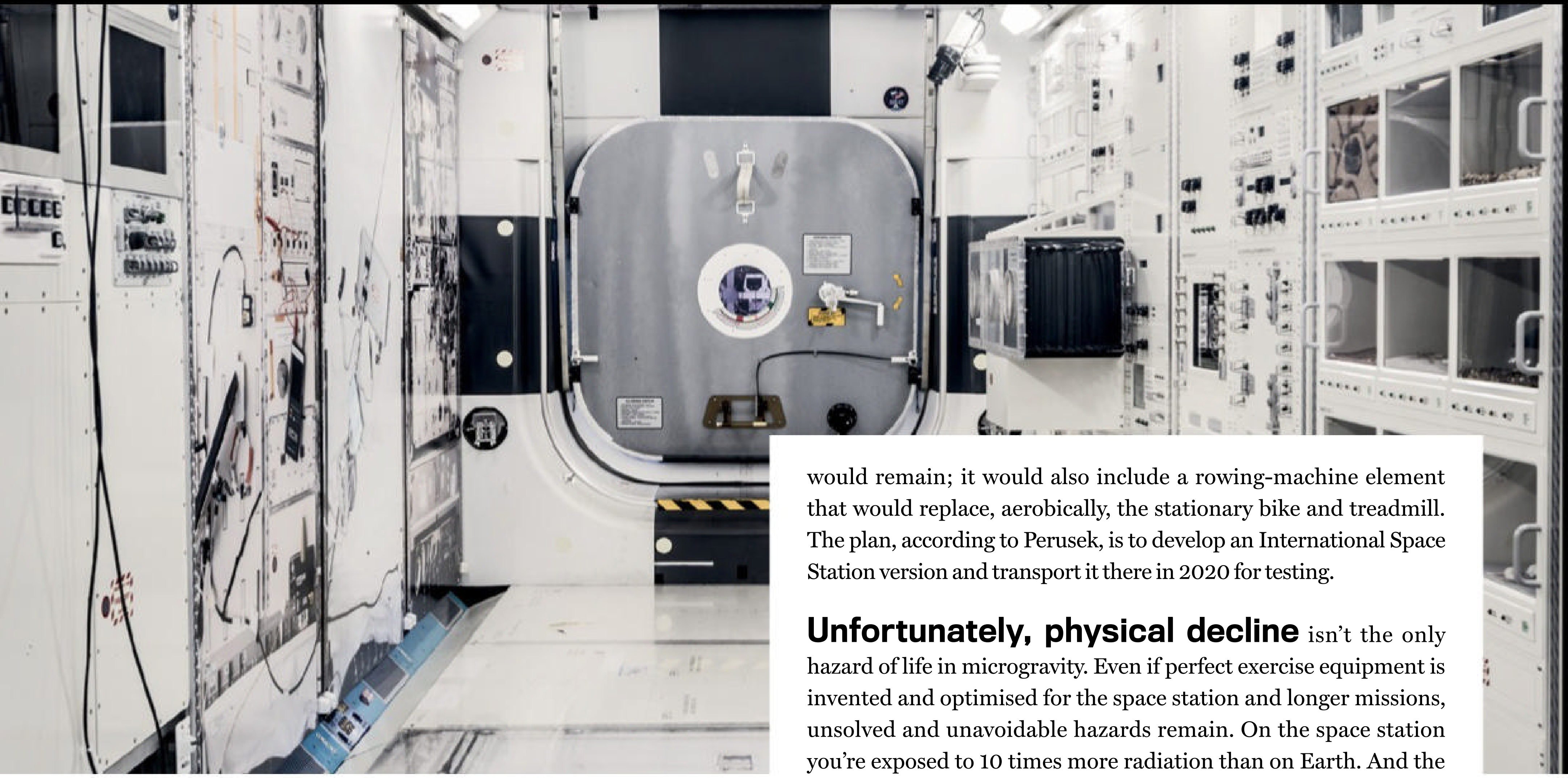
According to Bob Tweedy, who trains crews on the use, maintenance, and repair of the three exercise machines, most astronauts prefer the ARED in space, because so many of them are into lifting.

The COLBERT treadmill is the easiest device to operate but also the most boring. (Unless you're a runner. In April 2016, while aboard the space station, British astronaut Tim Peake "competed" in the London Marathon in real time.)

For many, the CEVIS bike is the most difficult device to adapt to. "It's hard to ride a bike in space", Tweedy says. "You're unstable, and you don't have gravity. You're not holding on to handlebars, and you don't have any leverage to push the pedals down. You're using the muscles of one leg to push that pedal down, and the muscles of the other leg to pull that pedal up. It's a push-pull action, not push-push, like it is on Earth."

Needless to say, though astronauts may grumble about the machines, they don't skip their daily workouts. They know the risks if they do.

NASA's detailed plan for Kimbrough during his space station stay: lifting 45 minutes to an hour at least six days a week, as well as adhering to a strict regimen of exercises designed by Guilliams and his team to minimise muscle atrophy and thinning bones. They reconfigured his routine every week or two to emphasise exercises that strengthen the body parts (hips, pelvis, lower back,



legs, heels) most at risk for bone-mass loss and swapped out exercises in each routine every three days or so, mainly to avoid boredom. They changed reps and loads daily. Finally, they assigned him 45 to 60 minutes of cardio work on the bike and treadmill to increase the stamina needed to do tasks such as making repairs outside the space station.

"The biggest thing, physically, that we did in 2008 was spacewalking", Kimbrough says. "It's really challenging to move this mass — the big, white space suits we have that weigh about 140 kilograms. Being able to control one takes strength and technique. Every time we open and close our hands we're fighting the pressure of the space suit, so they get worn out. We really do everything with our hands during a spacewalk and very little with our feet."

One big hole in NASA's "space fit" plan for the future: Unfortunately, it's still designing and testing exercise equipment compact enough to fit in a spaceship that will eventually carry astronauts to Mars — estimated to take place around 2030.

For example, at NASA's Glenn Research Center in Cleveland, Project Manager Gail Perusek and her Human Research Program team are developing compact devices that are a fraction of ARED's mass and volume, while improving on performance and making them capable of supporting both short and long missions. The larger of them will be about a tenth of ARED's size and suitable for a Mars mission. The smaller will be slightly larger than a shoebox, and support missions will be up to 21 days. "Basically, big enough to stand on for a wide squat, with good form", Perusek explains.

Crew members would be able to accessorise the new machines, adding or subtracting parts for different exercises, kind of like a detachable Swiss Army knife. Its functionality as a universal gym would remain; it would also include a rowing-machine element that would replace, aerobically, the stationary bike and treadmill. The plan, according to Perusek, is to develop an International Space Station version and transport it there in 2020 for testing.

Unfortunately, physical decline isn't the only hazard of life in microgravity. Even if perfect exercise equipment is invented and optimised for the space station and longer missions, unsolved and unavoidable hazards remain. On the space station you're exposed to 10 times more radiation than on Earth. And the farther out you venture, the worse the threat from "treacherous" (NASA's word) galactic cosmic rays, which can increase your cancer risk, damage your central nervous system, and cause heart disease. Case in point: Apollo astronauts who went to the moon — the only humans who've flown past the Earth's protective magnetic shield — died of cardiovascular disease at a significantly higher rate than astronauts who flew only low-Earth orbit or never flew at all, a recent study found. Other new research suggests that the radiation on a planet as far away as Mars could even cause brain damage and cognitive impairment similar to dementia.

Not surprisingly, it's this radiation that could eventually turn out to be the deal breaker — though we wouldn't bet against NASA finding a solution for even that. For the time being, it works to continually improve anti-radiation shielding in the space station, monitor crew members' levels to keep them in the best-shielded locations, and put them on a diet rich in antioxidants to further reduce radiation risks.

Kimbrough, who plans to remain in the astronaut program following his mission, is focused on the things he can control now and in the near future. He's an evangelist for NASA's fitness research findings. "All the data we get from all these people who've flown has shown we need to do this full-body workout. You don't need to have this giant chest and nothing else. You don't need to have giant legs and nothing else. You need to be well-rounded."

Guilliams concurs. "There's a ton of science to this", he says. "A lot of what we're doing is trying to figure out the best way to train in flight, so when astronauts do get to Mars, they can continue to do their job. That will be part of Shane's mission. We hope to learn a lot from what he experiences."

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261g
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261 g CARBS
NO SUGAR ADDED
With STONE GROUND OATMEAL & BROWN RICE POWDER
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6 kg
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3 kg
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From startup prodigy to industry trailblazer, Jas Mathur epitomizes the very essence of an entrepreneurial force. Armed with a relentless passion and an unwavering vision, Mathur has shattered boundaries, defied expectations, and carved a remarkable path in the business world. With an ingenious blend of innovation, leadership, and an insatiable appetite for success, this business maven has proven time and again that entrepreneurship is an art form only mastered by those who dare to dream big. Join us as we delve into the captivating journey of Jas Mathur, a true game-changer who fearlessly navigates uncharted territories, leaving an indelible mark on the entrepreneurial landscape."

VISUALIZE YOURSELF
VYBE
REINVENT YOURSELF
USA
BETTER EVERYDAY

BIG
BIG RED
MONEY TEAM

Your Instagram page is awesome and loaded with lots of really cool pictures. From travel and events, to private jets, luxury cars, celebrities, business people, and posing on the ceiling with Spider-man, what would you say are some of your most memorable moments of your career?

Thanks for the love on my Instagram! I've been lucky to meet and work with awesome people from all kinds of fields. Celebs, Athletes, Business Leaders - you name it! Each connection has been a chance to learn, collaborate, and get inspired. And let me tell you, witnessing the quick expansion of Limitless X is certainly a milestone! Seeing our work make a splash worldwide with love and feedback is fulfilling, no doubt. And giving back to communities along the way. It's been a fun ride. Life's full of possibilities when you adopt a limitless mentality.

Your weight loss journey led to the development of your company, Limitless X. What inspired your weight loss journey and how did you decide to hone in on this as the focal point of your professional growth and journey?

My weight loss journey started to fuel a deep desire for personal transformation and better health, after gaining so much weight in my early teens. I was successful in work and prioritized that over my health. Eventually unhappy with being in that state and wanting change, I did a ton of research and committed to a healthier lifestyle through hard work and determination, and lost over 250 pounds. This experience inspired my passion for helping others to do the same, and motivated me to create Limitless X. I wanted to build a company that focuses on wellness and growth, empowering people to achieve their goals. Limitless X isn't just about health and beauty brands, it's also a supportive community with tons of resources. My own transformation gave me a first-hand understanding of the challenges and victories that

> “I HAVE A GENUINE PASSION FOR WHAT I DO”

come with personal change, and now I’m determined to inspire and support others on their own journeys of self-improvement.

Your mindset and success are inspirational for others looking to create their own legacy, but with the wins, come the hard times. Was there ever a moment when you thought, “I don’t know how this is going to turn out?” And how did you pivot to stay dedicated towards achieving your goals?
I’ve learned that true resilience and dedication are put to the test during the toughest moments. Throughout my journey, uncertainty and wondering how things would turn out were constant. But instead of letting doubt take over, I embraced those moments as chances to grow and learn. I adopted a growth mindset, seeing obstacles as stepping stones to progress. Challenges became valuable lessons that motivated me to pivot and adjust my strategies. By staying dedicated, being adaptable, having faith in myself, and building a supportive network, I found alternative paths forward. I didn’t let setbacks stop me; they were just temporary detours. I kept recalibrating and staying focused on my ultimate goals.

We live in a generation bound by burnout culture, and you’ve previously shared that while your professional life was soaring, you personally took a decline. What is your message for young people eager to succeed in their careers, but struggling to maintain a healthy balance personally as well?
I can relate to those challenges and definitely understand what young people face in their pursuit of success while trying to maintain a healthy balance in their personal lives. It is crucial to recognize that success and personal well-being are not mutually exclusive. Striving for success in your career is important, but it should not come at the expense of your physical and mental health, relationships, or overall happiness. Finding a healthy balance requires conscious effort and prioritization, and grit. Remember that true success encompasses all aspects of life. A dedicated mindset will help you navigate burnout culture and find a good balance.

Tell us about the tagline Dream, Believe, Achieve and how those words have become actionable for you throughout your journey.
‘Dream, Believe, Achieve’ is not just a tagline; it encapsulates the core philosophy and mindset that have driven my personal and professional journey. These words have become actionable principles that guide me on a daily basis which now leads me to VYBE - Visualize Yourself Better Everyday. It is a philosophy we embrace at Limitless X, rooted in the power of visualization and personal growth.

VYBE encompasses the idea that by visualizing our ideal selves and focusing on continuous improvement, we can unlock our full potential and live more fulfilling lives. Visualizing ourselves better every day involves envisioning the qualities, skills, and achievements we aspire to possess. It’s about setting clear intentions, aligning our actions with our vision, and continuously striving to become the best version of ourselves. This mindset fosters personal growth, encourages self-reflection, and empowers individuals to make intentional choices that lead to positive transformation.

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> I BELIEVE IN THE POWER OF CONSISTENCY AND FINDING JOY IN THE PROCESS
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> ”

You have quite a star-studded following and support system. How have you grown Limitless into a global brand continuing to soar to tremendous heights and gain A-list approval?

Thank you! Building a global brand that wows A-listers and reaches new heights is no small feat. It's all thanks to a bunch of key factors. First off, I had a crystal-clear vision for Limitless X and how we could shake up the industry. We're all about innovation, constantly pushing boundaries to bring fresh and transformative solutions to the table. By staying ahead of trends and meeting market needs, we've caught the attention of industry big-shots. And we're obsessed with delivering top-notch quality in everything we do, from our products and services to how we treat our customers. That's how we've built a solid rep.

What are the most effective nutritional tips and workout regimens that help you reach and exceed your goals throughout this journey?

Following a balanced and nutrient-dense diet is crucial for fueling the body and optimizing performance. I prioritize whole foods, including lean proteins, complex carbohydrates, healthy fats, and a variety of fruits and vegetables. Portion control and mindful eating are essential to maintain a healthy balance. Staying hydrated is also often overlooked but plays a significant role in overall health and performance.

Fueling the body properly before and after workouts is essential for performance and recovery. I focus on consuming a combination of carbohydrates and protein before my workouts to provide energy and support muscle repair and growth. Similarly, I prioritize post-workout nutrition to replenish glycogen stores and facilitate muscle recovery. But here's the thing - Everyone's body is different and unique. So it is important to tailor workout regimens to individual needs and goals. I work closely with qualified trainers and fitness professionals to design personalized workout plans that include a mix of cardiovascular exercises, strength training, and flexibility work. This combination helps me build strength, endurance, and maintain overall fitness.

Remember that consistency is key! It's worth noting again that these strategies (among others) have worked for me, but it's essential for individuals to listen to their bodies, consult with healthcare professionals or certified trainers, and make adjustments based on their specific needs and goals.

With such a busy schedule, how do you manage to still stay active, while balancing your personal and professional obligations as well?

Balancing personal and professional obligations while staying active can be challenging, but I have developed strategies to integrate fitness into my busy schedule. I genuinely consider fitness a non-negotiable aspect of my daily routine. By recognizing its importance, I prioritize it alongside my professional and personal commitments. This mindset shift allows me to make time for physical activity without compromising other obligations. With a busy schedule, I focus on efficient and effective workouts. By maximizing the intensity of my workouts, I can achieve great results in less time.

Being on-the-go means having to make last-minute changes. Remaining flexible and adaptable, I recognize that some days may require shorter workouts or alternative forms of activity - all depending on my schedule. Regular exercise not only boosts my physical health but also enhances my productivity, mental clarity, and overall well-being.

Do you have any favorite wellness or self-care rituals that help you feel your best, maybe some meditation in the morning, or reflecting on your day before bed?

I believe that taking care of oneself is essential for maintaining balance and optimal performance. The two most important in my book include morning meditation and physical activity. Starting my day with meditation practice is a non-negotiable part of my routine. It allows me to center my mind, cultivate a sense of calmness, and set positive intentions for the day ahead. By dedicating even just a few minutes to this practice, I find that I am better equipped to navigate the challenges and opportunities that arise throughout the day. Engaging in regular physical activity is crucial. I make it a point to incorporate exercise into my routine, no matter where I am.

How do you see the digital media and advertising industries evolving in the next 5-10 years, and how is Limitless X Holdings positioning itself to stay ahead of these changes?

Over the next 5-10 years, we can expect significant transformations driven by emerging technologies and evolving consumer behavior. With the proliferation of data and advancements in artificial intelligence (AI), the digital media and advertising landscape will increasingly focus on delivering highly personalized and targeted experiences. Companies are already leveraging AI algorithms and machine learning to analyze user data and preferences, enabling them to create tailored content, ads, and recommendations that resonate with individual consumers. We will also start to see additional emphasis on data privacy and ethical advertising with an increased focus on transparency and responsible data usage.

We are committed to staying ahead of these changes and driving innovation in the digital media and advertising industries. We have built a culture of continuous learning and adaptability, fostering a dynamic environment where our teams can explore emerging technologies and trends. Additionally, we invest in research and development to enhance our capabilities in data analytics, AI, and immersive technologies. We are dedicated to staying at the forefront.

What are some of your favorite hobbies or interests outside of work?

For me, the line between work and personal interests often blurs because I have a genuine passion for what I do. When you love what you do, it doesn't feel like work in the traditional sense. It becomes a fulfilling and integrated part of your life, allowing you to find joy and purpose in both professional and personal

VISUALIZE YOURSE
LIMITLESS
VYB
REINVENT YOURSELF
USA
BETTER EVER
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pursuits. This seamless integration of passion and work is what drives me to continually push boundaries and strive for excellence in all aspects of my life. So my hobbies crossover with work quite often. It's a blend!

No matter who you are, we all only have 24 hours in a day, so the question is, from traveling, to work, to interviews, friends, family, the gym, business projects and finding time to relax and have fun, how do you manage to do so much with so little time... what's your secret?

Time management is a crucial aspect of maintaining balance. While it's true that we all have the same 24 hours in a day, how we choose to utilize and prioritize our time makes a significant difference. Here are some strategies I employ to make the most out of my day:

- **Efficient Time Management:** *I strive to optimize my time by identifying and eliminating time-wasting activities. This includes minimizing distractions, setting specific time blocks for tasks, and utilizing productivity tools to stay organized. By being mindful of how I allocate my time, I ensure that I am focusing on activities that align with my goals and priorities.*
- **Delegating and Outsourcing:** *As an entrepreneur, it's essential to recognize the power of delegation. I surround myself with a competent and reliable team, empowering them to handle tasks and projects that don't require my direct involvement. By delegating responsibilities, I free up time to focus on strategic decision-making and high-impact activities.*

VISUALIZE YOURSELF
VYBE
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BETTER EVERY
30
30

Create a framework for success that allows you to accomplish more within the constraints of a 24-hour day!

How do you stay fit and active with such a busy schedule, and what is your typical workout routine?

Maintaining physical fitness is a priority for me.

- **Morning Meditation:** I begin each day with a brief meditation session to calm my mind, focus my intentions, and set a positive tone for the day ahead. This helps me stay centered and maintain mental clarity.
- **Strength Training:** Building and maintaining muscle strength is crucial for me, as it enhances my overall physical performance and resilience. I incorporate strength training exercises into my routine three to four times a week. This includes weightlifting, bodyweight exercises, and resistance training.
- **Flexibility and Mobility:** To improve my flexibility and joint mobility, I allocate time for stretching exercises and yoga. These activities not only help prevent injuries but also promote relaxation and stress relief. I typically spend 15 to 20 minutes on these exercises after my strength training sessions.

I believe in the power of consistency and finding joy in the process. While my schedule can be demanding, I ensure that I make time for exercise by prioritizing it just like any other important task. It's all about finding a routine that works for me and being adaptable when necessary.

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> ENGAGING IN REGULAR PHYSICAL ACTIVITY IS CRUCIAL
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The truth

By **Bruce Falconer**
Photographs by **Christopher Griffith**

about testosterone

Thanks to the explosion of testosterone-replacement therapy, which is officially a multi-billion-rand industry, it's never been easier for men everywhere to flood their bodies with man's "fountain of youth". Is easy-access testosterone good, bad, or simply benign? Here, one man suffering from the gnarly effects of low T searches for answers.

“Middle age”,

according to several dictionaries and the American Psychiatric Association, begins at roughly 45 and runs all the way to 65. But for me, it actually came early – at 38. Until then, I’d always been an active guy – not a star athlete, to be sure, but someone who did calisthenics every morning, walked to work, and ran about 16 kilometres a week. I ate a balanced diet and was naturally slim. But then, last year, I inexplicably started gaining weight and feeling exhausted most of the time; mysterious, often-debilitating aches and pains began shooting through my muscles and joints. For much of the past 12 months I couldn’t even walk without the aid of crutches or an orthopedic boot, having developed an excruciating case of tendinitis in both feet simultaneously. It felt as if the bottom had fallen out of my life – like age had finally caught up to me and run me over. I fell into a depression.

To fight back, I sought out Michael Matthews’ 2014 book, Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body — an Amazon top seller — and read it with highlighter in hand. Following Matthews’ program, I switched to a high-protein diet of “clean” foods — lean meats, Greek yoghurt, fruits, green vegetables — and made sure I got eight hours of sleep a night. I even lightened my schedule to reduce stress.

In the gym, I became an early-morning regular, doing heavy compound lifts three days a week. I lost some fat, sure, but made only negligible gains in muscle mass. If anything, all that pumping iron caused my body to only hurt more. Nothing I did seemed to work; I didn’t feel any better. In fact, I felt only more exhausted, particularly at night, which, let’s just say, isn’t exactly great for a marriage. That was the final straw.

Frustrated and confused, I scheduled an appointment with my primary care doctor for a blood test. Reviewing the results, he did a double take: “This can’t be right”, he said — never something you want to hear from a doctor. “Your testosterone is super low.”

He referred me to an endocrinologist, and two more blood tests confirmed it: My blood testosterone level was just 133 nanograms per decilitre (ng/dl), well below the generally agreed-upon “normal” range of roughly 270 to 1070. To put that into perspective, even the average male octogenarian in a nursing home scores in the upper 300s.

As his words sunk in, all I could think about were those ubiquitous low-T ads on TV — the ones featuring handsome middle-aged men astride motorcycles in the desert, staring longingly into the distance, while voice-overs promising a new T therapy as a fountain of

NEVER BEFORE IN HISTORY HAS TESTOSTERONE BEEN SO READILY AVAILABLE.

youth play on loop. Like just about every guy, I'd made fun of those commercials for years.

I wasn't that grizzled old dude already... was I?

Like it or not, I was about to find out. The endocrinologist couldn't say for sure whether all my symptoms were the fault of testosterone deficiency, but he nevertheless recommended testosterone treatment, and I agreed.

THE "MAGICAL" WORLD OF LOW T

The importance of testosterone to male health has been understood since at least the 1930s.

A steroid hormone produced in the testicles, T encourages the expression of male sexual characteristics like big muscles, body hair, an Adam's apple, and a deep voice. It also boosts self-confidence, focus, motivation, aggression, and — perhaps most important to many men who don't have enough of it — libido and the ability to get an erection.

As males, most of us reach peak T by age 20, after which our levels tend to remain steady. After age 30, however, testosterone begins to decline by up to 1% per year. Scientists don't know why, but as we grow older, T begins to recede like an outgoing tide. And as it falls, men experience a cascade of negative effects: depression, hot flashes and sweats, exhaustion, forgetfulness. Declining T also means declining muscle mass and bone density, and, of course, trouble getting it up.

Which is why, more and more in this day and age, the push for — and ready availability of — testosterone-replacement therapy, or TRT, has become an issue.

Never before in the history of medicine has testosterone been so abundant and readily available, from physicians as well as any number of low-T clinics that have sprung up across the country and online. The business of T is booming. Those low-T ads I mentioned? In 2012 in the USA alone, T-related advertising skyrocketed from $14.3 to $107.3 billion. By 2013, the US FDA reported that 2.3 million American men had received prescriptions for supplemental testosterone. Only a year later, that number nearly tripled to 6.5 million, according to IMS Health, a health-care research firm. The total value of the global TRT market already stands in excess of R27 billion but is anticipated to reach R90 billion by 2020, according to a recent report by Global Industry Analysts.

TRT can take many forms, depending on the prescribing doctor: injections, adhesive patches, nasal sprays, oral ointments, subcutaneous pellets, and even suppositories, all of which have their pros and cons. But by far the most popular form of TRT prescribed both by low-T clinics and doctors is AndroGel, a clear gel you rub on your shoulders and upper arms once a day, every day, for as long as you want, even forever if you so choose.

Previous spread: Ariana Salvato/Apostrophe; Opposite page: Grooming by William Murphy/Atelier Management using Dior Homme; This page: Sam Kaplan

10%

Sorry, super shredded fellas, but that's the baseline percentage of body fat you need if you want to maximise your baseline testosterone, according to Bradley Anawalt, MD. If your body fat dips below 10%, it creates "the canary in the coal mine" effect, he says. In other words: Your body senses an imminent death. "The brain thinks you're starving, so instead of vamping up reproductive function, it turns it down. T is the first of the hormones to fall out."

THE HIDDEN TESTOSTERONE KILLERS

The four things you need to steer clear of for the sake of your T levels

Heated plastics

■ Plastics contain a lot of chemicals that work as estrogen mimetics and can be bad for your T, says Brian St. Pierre, CISSN, CSCS, of Precision Nutrition. When heated, plastics can release phthalates and BPA – both bad.

Products labelled "high fragrance"

■ The label "fragrance" means it contains "a phthalate compound", says St. Pierre. "Your skin is your largest organ, and it absorbs what is put on it." Look for phthalate-free soaps and deodorant.

Excessive booze

■ "Yes, consistent heavy drinking lowers your T", says St. Pierre. For the record, it's the ethanol that hurts, but that doesn't mean you have to cut it out completely. "Have limits", says St. Pierre, advising a max of one to two drinks per day.

Painkillers

■ Men who are on chronic-pain meds (especially opioids like oxycontin) can have superlow testosterone. According to Abraham Morgentaler, MD, "Some of these guys have the lowest T we see – it's a poison for the hormone system."

The reality is, these days you can get T from anyone who can prescribe medication. Primary care doctors have proven themselves all too willing to hand it out on only their own authority: According to The New York Times, they're responsible for upwards of 60% of all TRT prescriptions in the US.

It all begs several questions: Who really needs testosterone therapy? Should it be readily supplied to men who don't medically need it but want it? And could T therapy — which was designed to help you — actually harm you instead?

THE TROUBLE WITH TRT

Once you've started on T therapy, the results don't take long to appear.

After only a week or two of TRT, many patients, even those of advanced age, experience a significant increase in libido as well as a sunnier mood and a general sense of well-being, says Ronald Swerdloff, MD, Chief of the division of Endocrinology and Metabolism at Harbor-UCLA Medical Center, USA. Of course, not everything happens so fast — other benefits, including improved strength and bone density, may take six to 12 months to manifest.

But — and it's a big but — along with the benefits of TRT come health risks as well.

Physicians caution that taking T could hasten the growth of pre-existing cancerous cells. Other documented side effects include, ironically, testicular shrinkage and infertility. TRT can also be dangerous for men with sleep apnea, worsening its symptoms.

But by far the biggest concern is that taking T may increase red blood cells, which could lead to heart attack or stroke. For decades, drug companies pushed estrogen pills as an anti-ageing elixir for menopausal women until, in 2002, an American federal study found that estrogen therapy placed patients at significantly greater risk of breast cancer, heart attack, and stroke. As of yet, no such far-reaching clinical studies have been performed on TRT, leaving many questions about its safety and efficacy unanswered.

NORMAL, HEALTHY 35-YEAR-OLDS DON'T TYPICALLY NEED TESTOSTERONE THERAPY.

CAN YOU MENTALLY PSYCH UP YOUR TESTOSTERONE?

In the near term, it's not as crazy as it sounds

Your mind is more powerful than you think. Yes, this sounds ridiculous, but your T responds to a lot of social and psychological forces – including, amazingly, psyching yourself up. According to Emory University neuroendocrinology researcher and former D-I cross-country runner Kathleen Casto, a sport psychophysiologist, "Your T is constantly ebbing and flowing – it doesn't stay one way. All kinds of social and psychological forces are at play". Casto recommends positive self-talk to boost it in the near term. "Tell yourself, 'I want to be the best', 'I'm a winner'. Belief in self and the degree to which you feel you are 'born for this' correlates to increased T." She also suggests "imagining success in a contest against an opponent" – studies show that for some people, anticipating success may boost your T and could even lead to a short-term athletic and mental advantage.

Less serious, but still a concern, is the fact that TRT temporarily stops your body from producing T naturally. The fact is, no matter how TRT is delivered, it doesn't cure low testosterone — it simply supplies a hormone your body's already producing, which makes your natural tap shut off.

TRT also causes your sperm count to crash to near zero — a critical consideration for younger men who might want kids.

SO, WHO SHOULD AND SHOULDN'T TAKE TRT – AND HOW DO YOU KNOW?

According to the leading experts I spoke with, if you're an older guy — well north of 50 — and you suffer daily from those negative effects, seeking out TRT is a reasonable, healthy course of action.

For example: You're 65 and your testosterone has plunged to 250 ng/dl. You've most likely lost your sex drive and your ability to get a hard-on, and you feel constantly tired and depressed. Plus, you're losing muscle mass and your bones are becoming brittle and prone to fracture. For you, TRT is a sensible option.

But if you're a normal, healthy male in your 30s or 40s, you probably don't need TRT.

"If you go in and say, 'Well, you know, in the past 10 years I've gotten more tired, I'm having trouble keeping weight off...' that's simply not enough — it's a natural phenomenon!" explains Jacques Baillargeon, PhD, an epidemiologist at the University of Texas Medical Branch at Galveston, USA.

That's not to say young men never need a T boost. According to Swerdloff, perhaps 5% of men suffer from a condition known as hypogonadism, which prevents these unlucky few from producing enough T on their own. For them, therapy makes sense.

Bottom line, if you're unhappy with your daily life due to a possible lack of T, then TRT is something to consider. But, leading experts agree, first you need to visit a urologist or an endocrinologist — specialists more adept at diagnosing and treating hormone deficiencies than the average family doctor or low-T clinic — to have your blood-testosterone level checked. Doing so requires at least two blood tests, ideally after fasting for 12 hours and as close as possible to 8am, when oft-fluctuating T levels are at their highest.

"A physician should have chemical evidence that a patient has a measurably low testosterone level" before TRT is administered, says Swerdloff.

Shockingly, about one in four men undergoing TRT never seeks a blood test, meaning that up to a quarter of low-T patients are treating a condition they may not even have. Nevertheless, T prescriptions are being handed out left and right.

"A lot of people are walking into doctors'

Dylan Coulter; Grooming by William Murphy/Atelier Management using Dior Homme; Opposite page: Food styling by Laura Kinsey

offices and asking for prescriptions, and doctors are complying, in part because they don't want to lose patients", says John Hoberman, author of Testosterone Dreams. "A lot of sloppiness and fraud comes when you just slosh this stuff out there and let every Tom, Dick, and Harry try it."

And it's not just old Toms, Dicks, and Harrys — those guys in the commercials trying to get their sex lives back on track — who are seeking out prescriptions for T.

"There's a big interest in testosterone treatment among young, relatively healthy men, in order to enhance both appearance and strength", says Swerdloff.

Let's say you're a healthy 35-year-old guy with an average T level of 668 ng/dl, and you want some AndroGel to get jacked: You should definitely think twice about it.

Sure, TRT can boost your testosterone by hundreds of points in as little as a few weeks; but it can take you only so far. Landmark studies at the Charles R Drew University of Medicine and Science and McMaster University, USA, showed that if a man's T levels are relatively higher but still in the normal range, he won't build muscle any faster than a man with lower levels.

No, if you really want to see huge muscle gains, you'll have to push your T well into the thousands — for which you'll need something a lot more potent than AndroGel.

In other words, in no way should TRT be considered a legal alternative to steroids.

OTHER ALTERNATIVES TO TRT

The good news is, if you feel your testosterone could use a boost but aren't considering TRT, you can increase your levels naturally by adjusting your workout, diet, and lifestyle habits.

At the gym, do more deadlifts and squats — leg-heavy exercises known to boost T. Eat more foods high in protein and vitamin D, such as steak, eggs, oysters, salmon, nuts, milk, and yoghurt, and get a good night's sleep, all of which help build muscle and up T production.

Not surprisingly, raising T naturally takes work. While TRT can raise testosterone in a matter of weeks, changes in habits may take months or even years to achieve the same result. But consider the other benefits your healthier lifestyle will bring — not the least of which will be better overall well-being with no fear of side effects.

In my case, my blood tests actually saved me from TRT.

A month after my initial visit, I was back in my endocrinologist's office for the results of a follow-up blood test. Put off by the prospect of infertility, I'd been very reluctant to go the TRT route, and opted instead for a clomiphene citrate, or Clomid. Designed to stimulate ovulation in women, the pills have also proven effective at raising T levels in men with secondary hypogonadism — that is, men whose difficulty producing testosterone stems from problems in the hypothalamus or the pituitary gland. In many cases, Clomid can prod the body into upping its production of testosterone.

For me, it worked with a vengeance: A daily 25mg brought my masculinity roaring back. My T level nearly sextupled to 772 ng/dl — a dramatic enough improvement that my endocrinologist lowered the dose.

Most important, I now feel better. My aches and pains haven't gone away completely, but they're less noticeable than before, and overall I feel more energetic, confident, and, well, happy.

Thankfully, I wasn't that low-T guy after all. ■

Raise your T levels by bulking up on vitamin-rich foods.

THE ULTIMATE T-BOOSTING MEAL

To boost testosterone naturally, opt for foods rich in B vitamins and minerals like zinc. This menu has them all, in spades.

One glass (250ml) organic skim milk

■ Skim milk contains less estrogen – a testosterone downer – than full fat but still has T-building protein.

2 to 3 cups freshly chopped kale and spinach...

■ Spinach and kale have plenty of magnesium, an essential mineral for maintaining high amounts of T.

...tossed with 1 cup cooked butternut squash, chopped (skin removed)...

■ Slow-digesting carbs from starchy plants like squash tamp down blood-sugar levels, keeping T topped off.

...topped with 150 to 180 grams steamed oysters, marinated in lemon juice and roasted garlic (2 garlic cloves per 140g)

■ Oysters are packed with zinc, a mineral that increases levels of testosterone and growth factor-1.

DRESSING: **Use oyster marinade, plus 1 to 2 teaspoons of walnut oil**

■ Nuts, and their oil, have good amounts of zinc and B vitamins, both essential for building testosterone.

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Ask Men's Fitness

How do I go about building a fire pit on a camping or beach trip?

ANDREW G. JOHANNESBURG

Ilya Bushuev/Stocksy

A "Luckily, it couldn't be easier", says Ryan Cunningham of *beyond thetent.com*. His steps:

Pit Perfect

1) Check local laws. Does your city require a permit for a pit, demand that it be 10 metres from structures, or ban pits outright? Find out first to avoid a nasty surprise.

2) Pick the spot. Embers drift, so unless you plan on inviting the fire department, build the pit far from any flammables (gear, trees, dry grass).

3) Mark the circle with rocks or logs, then dig a shallow hole – that's enough to keep coals centred, control airflow, and minimise smoke. Windy? Dig it a foot or more deep and pile dirt, sand, or rocks on one side's top edge as a shield.

4) Build the fire. For a fast, hot fire for cooking, use lots of small sticks. For a bonfire, start with twigs/small debris, then add wrist-diameter wood.

5) Crack open the brewskis. Sweet.

6) At night's end, leave no trace. Put out the fire completely with water or dirt – don't leave buried hot coals to burn unsuspecting walkers' feet. Fill in the pit and carry away logs/debris. Leave the area as beautiful as you found it.

Shorty the barber

Enlightened advice from grooming expert Shorty Maniace

Q I'm really hairy down there. How can I tame it without slicing my coin purse?

FRANK F.
CAPE TOWN

A There are many reasons to shave down there: hygienic, aesthetic… for one thing, you don't have to worry about crabs – no place for them to go. Some guys also say it makes their pecker look bigger.

There are three basic ways to do it: razor, trimmer, or wax. I like a razor and soap. Don't use shaving cream – you can't see what you're doing and could cut something important.

Some guys use cold water – it makes the job easier by tightening your sack's skin. The downside of a razor is that when the hair grows back, it's itchy. So if you shave, you have to keep doing it.

You can also use a regular beard trimmer. If you're new to this, it's less scary.

As for wax… well, I don't want wax down there unless it's some weird sex shit. But if you don't mind, go to a professional manscaper.

Afterward, powder your balls with any powder you like. You gotta stay dry down there – jock itch is no joke.

SHORTY MANIACE is the owner of J.P. Kempt Barber Social in San Francisco. E-mail him at *askshorty @mensfitness.com.*

Q My car battery was stolen twice in just a few days. Is there any way to stop this from happening?

NELEN P.
DURBAN

A You've likely been scammed by thieves who take your old battery knowing you'll drop in a new one – *that they then come back and steal.* Clever, right?

But you can outwit the bastards, says NYC auto-repair-shop owner and *Don't Get Wrenched* blogger Elayne Kling, by:

1) Rigging the hood closed with a cable and a lock. "We did this in the '80s, when crackheads were stealing spark plugs."

2) Buying a system– a cross bar/lock or a lockbox – to lock the battery in. If you can't find one for your car, ask a mechanic if he can weld one.

3) If you're really desperate, temporarily pop in an old battery from your mechanic. (Be sure it isn't leaking acid and won't hurt your car.) Even if the thief takes it – though he probably won't bother, since it won't be worth selling – you'll be out only a few bucks. Once he's moved on to other suckers, put in a new one again.

Q Is it true some airline/hotel sites track your browsing habits, then raise the prices if they think you'll pay more?

STEVE N.
PORT ELIZABETH

A It's true, says Johnny Jet, of the travel site *johnnyjet.com.* It's called "dynamic pricing" – firms track your online browsing and adjust prices according to factors like your eagerness to buy, your online purchases, even where you live.

Be wary, he says, of aggregator booking sites which can track your online traffic and use these stats to determine how much they should bump up prices.

And the practice still goes on: Recently, one *MF* editor visited a booking site a few times in one morning, changing dates to check fares on flights; but when she returned to her first search dates, the trip had gone up a few hundred bucks.

There's an easy fix, Jet says: Delete your cookies and search history, switch to an incognito window, change browsers, or search from different IP addresses – say, on a work and a home computer – *then* buy.

When our editor cleared her history and cookies and searched again, the fare was back down to the original price. She bought it and saved a bundle.

Igor Kell/Getty Images; Antonio Gravante/iStock

Q Green, yellow, orange, red – is there really a difference among peppers?

KELLY M.
CAPE TOWN

A Actually, yes, we were surprised to learn. It all comes down to ripeness, says dietitian Lindsay Livingston, of the Lean Green Bean healthy-living blog.

"Green peppers are simply peppers picked before they're fully ripe", Livingston says. "If you waited, they'd turn yellow, then orange, then red."

Red peppers, which are picked the latest, hit the sweet, vitamin-packed jackpot.

That's key, because when peppers are picked early, they're less sweet (sweetness develops as they ripen) and contain fewer nutrients – in this case, vitamins A, C, and B6. Green peppers are the most bitter and have the fewest nutrients; orange and yellow peppers fall in the middle; and red peppers hit the sweet, vitamin-packed jackpot.

This also makes a difference when cooking, Livingston says, so be sure to use the colour of pepper a recipe calls for.

Westend61/Kai Schwabe/Offset; BHPix/Getty Images

Q I keep seeing people playing a weird-looking game that someone told me is called pickleball. Is that really a thing?

JACK C.
JOHANNESBURG

A If they're on a badminton-size court hitting a Whiffle-type plastic ball over a low (1-metre-high) net with larger Ping-Pong-style paddles, that's pickleball!

Played as singles or doubles, pickleball– invented in 1965 by former Washington State Congressman Joel Pritchard and two friends – is a mashup of Ping-Pong and tennis.

"The constant action is a lot like Ping-Pong – there's very little time between points", says Rocky Clark, of a Regional Director for the USA Pickleball Association. "And the footwork and court positioning are as important as in tennis."

You serve the ball underhand and score a point when your opponent faults (fails to return ball, hits the ball out-of-bounds). The winner is the first to get 11 points.

That wacky game you've been seeing all over? It's pickleball.

Not surprisingly, it's great exercise: A 70-kilogram person can burn about 360 calories in 30 minutes of aggressive playing.

Allegedly named after Pritchard's dog Pickles, the sport is cheapto play for several hours. And, Clark says, with "drop in" scheduling – you can just show up and start playing – finding a game is easy.

Iron works

He battles Transformers, runs a burger chain and a line of sports performance products, and has a below-par golf handicap – yet Mark Wahlberg always finds a way to stay not just fit but jacked, too. Here's how he does it.

BY CHRIS LEE // PHOTOGRAPH BY THE RIKER BROTHERS

IN THE PUBLIC EYE for more than a quarter century – first as a rapper-turned-underwear model, then as a film actor, and now as a producer/entrepreneur as well – Mark Wahlberg, 46, has always managed to make fitness a priority, even when his travel schedule has kept him constantly on the move.

"My philosophy is, it's easier to stay in shape than it is to get in shape", he explains.

Wahlberg's trainer, Bryan Nguyen of Brik Fitness, has helped his client maintain a muscular physique by devising quick, compact workouts that can be done just about anywhere – from a hotel room on the road to a trailer on a movie set.

That type of training versatility is crucial for the actor, considering the demands some of his past roles put on him: For example, he had to muscle up for *Pain & Gain;* shed 27 kilograms for *The Gambler;* pack on 9 for *Deepwater Horizon;* then get super-ripped again for *Transformers: The Last Knight*, now in theatres.

"I like the physical preparation as much as the mental", the star admits.

This workout uses a combo of dumbbells and a 2cm Superband for a surprisingly robust, low-tech complex (multiple exercises stacked on top of one another) that Nguyen promises will blast your shoulders and core and leave you feeling and looking like you're in (Optimus) prime condition.

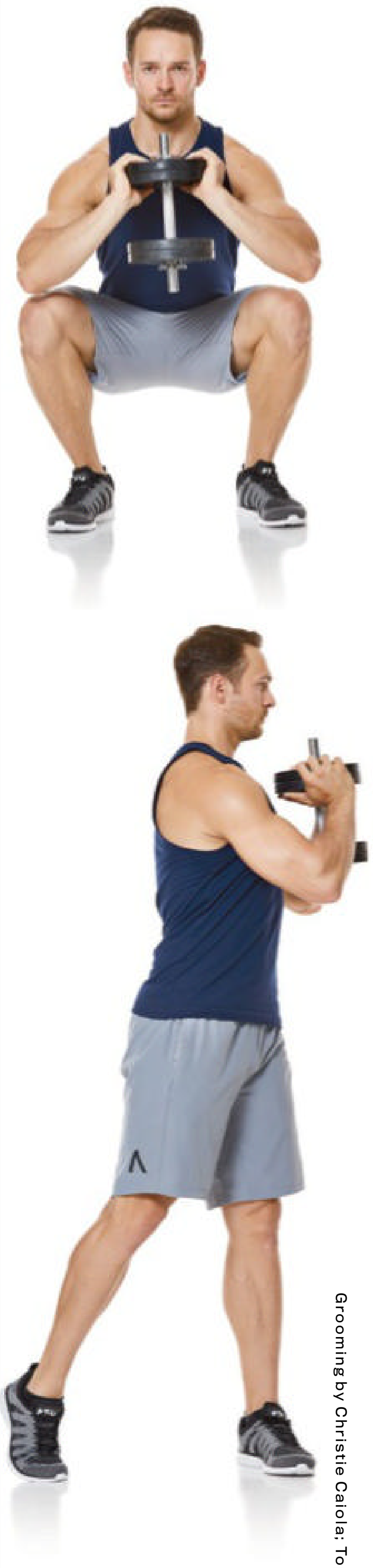
Wahlberg's travel workout

HOW IT WORKS

Set a timer for 3 minutes. Perform each movement for 30 seconds (that's one set) and rest minimally between exercises. After the last exercise, rest 1 minute. Complete four to six rounds. Then move on to Part II, and repeat.

Part I: Dumbbells

EXERCISE	SETS	TIME
1) Single-arm Clean and Press (R)	4-6	30 sec
2) Single-arm Clean and Press (L)	4-6	30 sec
3) Goblet Squat with Rotation	4-6	30 sec
4) Renegade Row	4-6	30 sec
5) Alternating Step-up + Single-arm DB Curl	4-6	30 sec
6) Around-the-World	4-6	30 sec

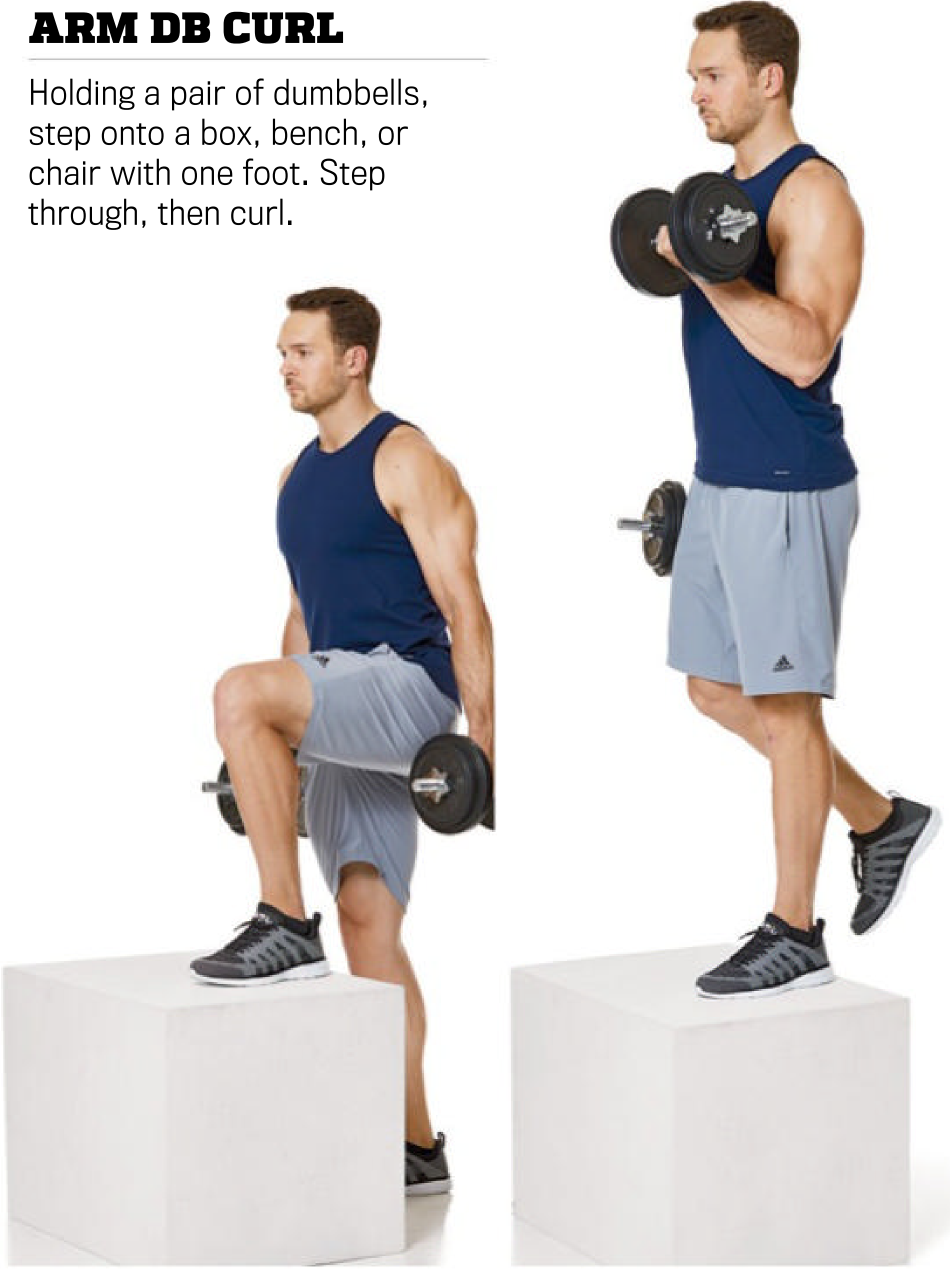


▲ GOBLET SQUAT W/ ROTATION

Squat deep. At the top of the rep, rotate through by turning at the hips. Alternate sides.

▼ ALTERNATING STEP-UP + SINGLE-ARM DB CURL

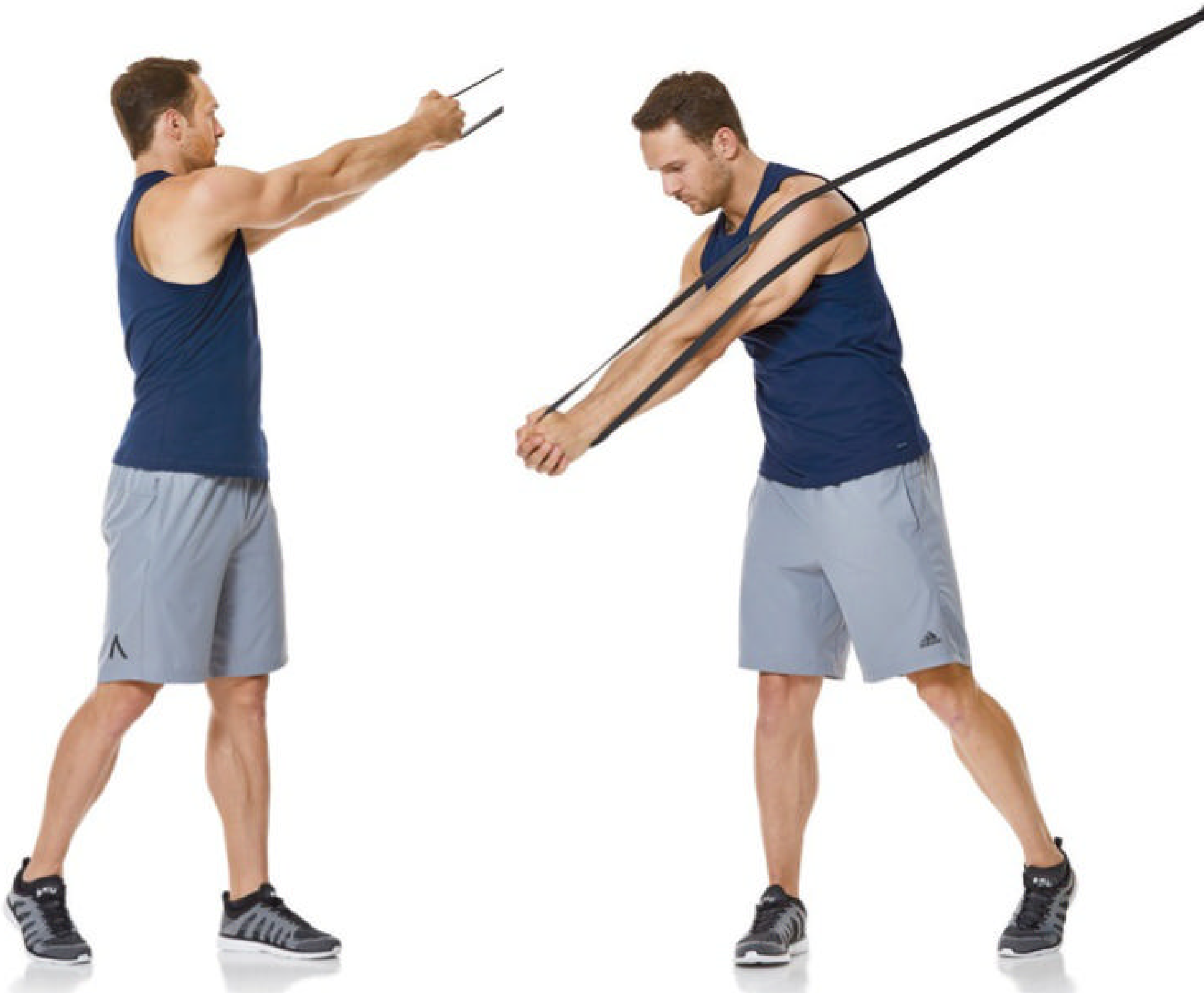
Holding a pair of dumbbells, step onto a box, bench, or chair with one foot. Step through, then curl.



Grooming by Christie Caiola; Top, Champion C9; Shorts, Adidas; Shoes, APL

Part II: Superbands

EXERCISE	SETS	TIME
1) Single-arm Row (R)	4-6	30 sec
2) Single-arm Row (L)	4-6	30 sec
3) Superband Squat	4-6	30 sec
4) Single-arm Chest Press (R) + Contra Lunge	4-6	30 sec
5) Single-arm Chest press (L) + Contra Lunge	4-6	30 sec
6) Alternating Woodchop	4-6	30 sec



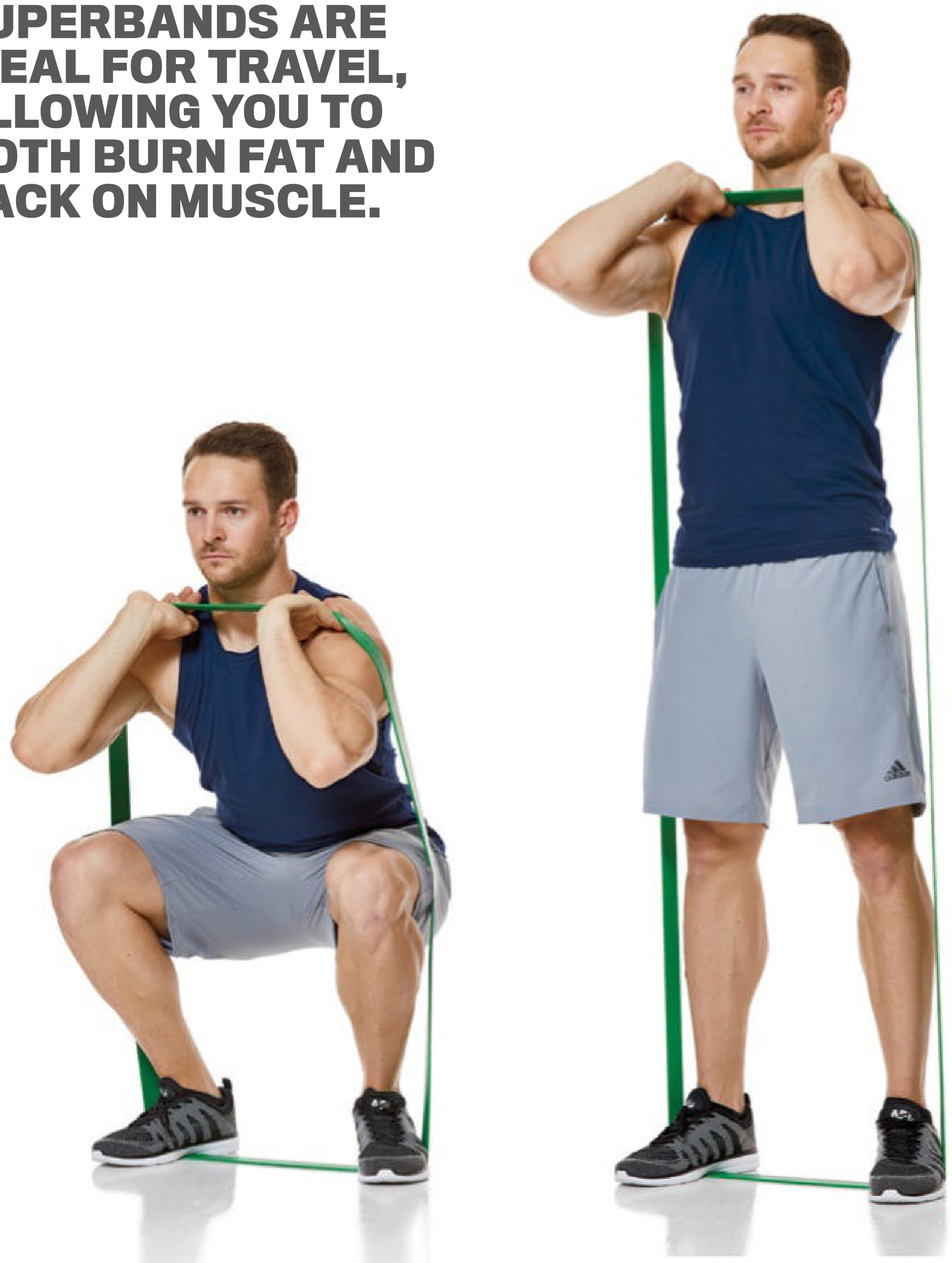
SUPERBANDS ARE IDEAL FOR TRAVEL, ALLOWING YOU TO BOTH BURN FAT AND PACK ON MUSCLE.

▲ ALTERNATING WOODCHOP

If you can't fix the band to an anchor point and chop from high to low, step on the band and chop across your body, low to high.

◀ SUPERBAND SQUAT

Make the move more challenging by widening your feet on the band or adding a rotation or executing an overhead press at the top.



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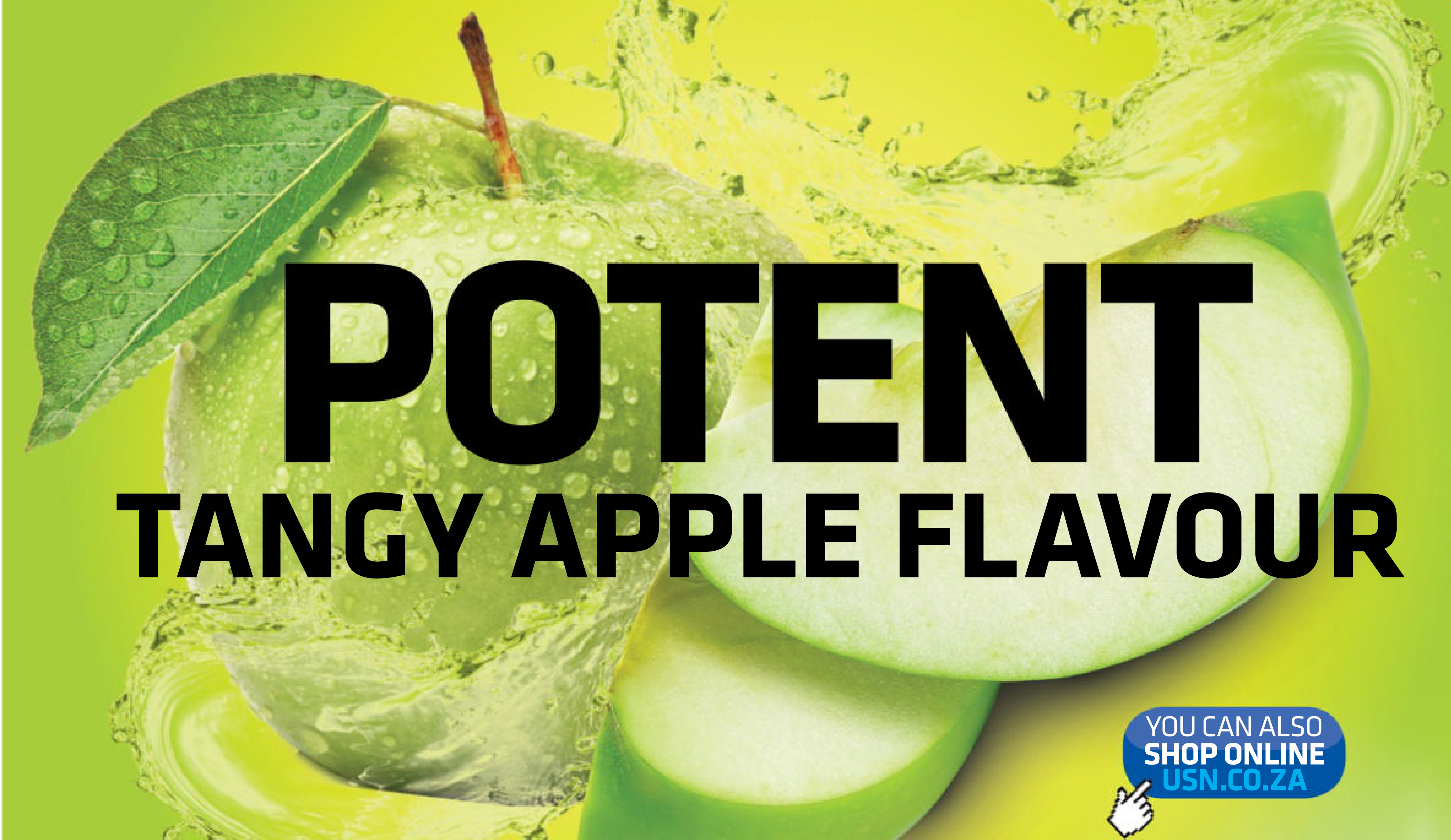

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INDIVIDUAL RESULTS MAY VARY. FOR OPTIMAL RESULTS, COMBINE WITH A LEAN MUSCLE-BUILDING EATING PLAN AND TRAINING **PROGRAMME.**

Unlock your potential

Feeling weaker and less energised than you used to? Try this three-pronged attack to unlock your body's full potential.

BY STEVE DOWNS, CSCS

YOU CAN'T ESCAPE IT: You're getting older. In fact, age-related hormonal decline can begin as early as age 25 and accelerate dramatically in your 30s and beyond. After 30, studies show, male testosterone drops 2–3% per year, and growth hormone (GH) production plummets 14% per decade – both of which can promote weight gain, leave you feeling sluggish and weak, and do a number on your sex drive. • But, good news: There are factors you can control so ageing doesn't have to mean getting paunchy, wheezing up stairs, or avoiding the bedroom. Boosting hormone levels is easier – and more effective – than you'd think. • With this step-by-step primer, you can stimulate the T and GH pump.

iStockphoto

1 Train Savvier

Intense workouts involving large muscle groups, heavy resistance, and minimum rest between sets are the best prescription for testosterone production.

Cap each session at about 45 minutes and use this as your guide:

■ To target T levels: Choose one to two compound movements – squats, deadlifts, bentover rows, bench presses – per workout. Aim for 4 to 6 sets of 3 to 6 reps using only one to two major exercises daily.

■ To target T and GH levels: Do 2 to 3 sets of multi-joint moves, such as dumbbell presses or cable rows, but increase reps to 8 to 10.

■ To target GH release: Use higher volume and less rest between sets; finish with 10 to 12 reps of 1 to 2 single-joint moves. Take every set to fatigue; let the rep range determine resistance.

2 Eat Better

The foods that increase T and GH are the same as those found in the world's top diets:

Oysters and fatty fish like salmon and tuna can increase testosterone release. Onions and garlic trigger the release of luteinising hormone. The cholesterol content in eggs provides the building blocks of testosterone. And cruciferous veggies like broccoli are rich in indoles, which help break down and flush out excess estrogen.

To increase GH, lean beef is a great source of the amino acids ornithine, arginine, and glutamine, which are critical to GH production and can raise serum levels in as few as 30 minutes. Lean protein like poultry and fish also trigger GH release and help reduce the dietary fat that lowers growth hormone levels. Fruits like raspberries and pineapple are rich in melatonin and serotonin, respectively, both GH boosters.

Finally, nuts, seeds, and whole grains contain high levels of GABA, which stimulates GH release from the pituitary gland.

> **Boosting T and GH levels can be as easy as tweaking your workout, diet, and supps.**

Sample 7-day training split

Day	Workout
MONDAY	Legs
TUESDAY	Back and biceps
WEDNESDAY	Off
THURSDAY	Chest and triceps
FRIDAY	Hamstring, calves, and core
SATURDAY & SUNDAY	Off

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EXTREME MALE PERFORMANCE

USN Ultimate Sports Nutrition Testo Methox and USN Testo Maximum GH

3 Supp Smarter

Although GH injections and topical testosterone creams can be obtained with a doctor's prescription, upping your hormone levels can be as simple as a quick trip to your local Dis-Chem.

A rare few nutritional supplements have been shown by science to have a dramatic effect on both testosterone and GH production without serious side effects. One of these is USN Ultimate Sports Nutrition Testo Methox. Promote normal fertility and reproductive levels and protein synthesis while maintaining normal testosterone levels in the blood. Reduce tiredness and fatigue with added magnesium by taking this daily supplement 30 minutes prior to working out and 30 minutes before bedtime. Naturally increase growth hormone levels with USN Testo Maximum GH by taking either at bedtime, or divided between before training and at bedtime. The added zinc minerals in this supplement will assist further with maintaining normal testosterone levels in the blood and with protein synthesis. Testo Methox R460 and Testo Maximum GH R200 both available on *usn.co.za*.

Evidence shows that the effects of testosterone may even depend on the presence of GH. For example, in a 2011 study on men with testosterone and HGH deficiency, the combined use of testosterone and HGH therapy stimulated muscle protein by reducing catabolic breakdown and oxidation.

To increase your body's natural production of testosterone and growth hormone, the combination of USN Ultimate Sports Nutrition Testo Methox and USN Testo Maximum GH is the smart place to start.

Just beet it

This bright red superfood activates the miracle molecule nitric oxide to boost blood flow throughout your body

MOST OF US VIEW beets as a gross and gritty ruby-fleshed veggie that tastes like dirt. But the modest, mostly forgotten beet is definitely one you want on your plate because it's full of antioxidants, has anti-inflammatory benefits, enhances endurance, lowers high blood pressure, boosts cognition, and, key for building muscles and strong erections, increases blood flow throughout your veins.

Beets – and beetroot juice–are an excellent source of folate and manganese, and are a good source of potassium and copper. They also contain more nitrates than any other vegetable. Nitrates are converted to nitric oxide through a series of reactions, which expands blood vessels to accommodate greater blood flow. This increase in blood flow allows more oxygen and nutrients to be delivered around the body.

BRAIN BOOST Research published in the *Journals of Gerontology* showed that supplementing with beet juice before a moderately intense walk on a treadmill improved brain functioning.

ENDURANCE AND O_2 ENHANCER

Consuming dietary nitrates can lead to increased oxygen efficiency when exercising, as well as improve performance and endurance.

A 2011 study in *Medicine & Science in Sports & Exercise* found that consuming 500ml of beetroot juice before cycling increased performance times by 3%, and two recent studies in the *Journal of Applied Physiology* reported that drinking 500ml of the juice over a six-day period boosted endurance in step-up exercises by 25% and treadmill running by 15%.

Research from 2015 in the *European Journal of Applied Physiology* found that eating beets can widen blood vessels and reduce the amount of oxygen muscles need to perform, lowering blood pressure and upping endurance, which lead to 16% longer exercise times.

GET ON THE BEET

Now that beets are on your shopping list, make sure to prepare them properly: First, scrub the outside of raw beets (unless you're into an earthier, aka dirt, taste). To cook, cover in foil and roast them at 200°C for one hour; they taste sweet once cooked.

Add cooked beets to salads, or snack on them with some olive oil and a splash of lemon juice.

You can also blend them with spinach and other healthy ingredients to make a super nitrate smoothie, or toss them in a juicer for a dark red blood-flow booster that can't be, um... beet.

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Fantastic 4

If you want arms that amaze, pack on size by focusing on your tri's with these four exercises

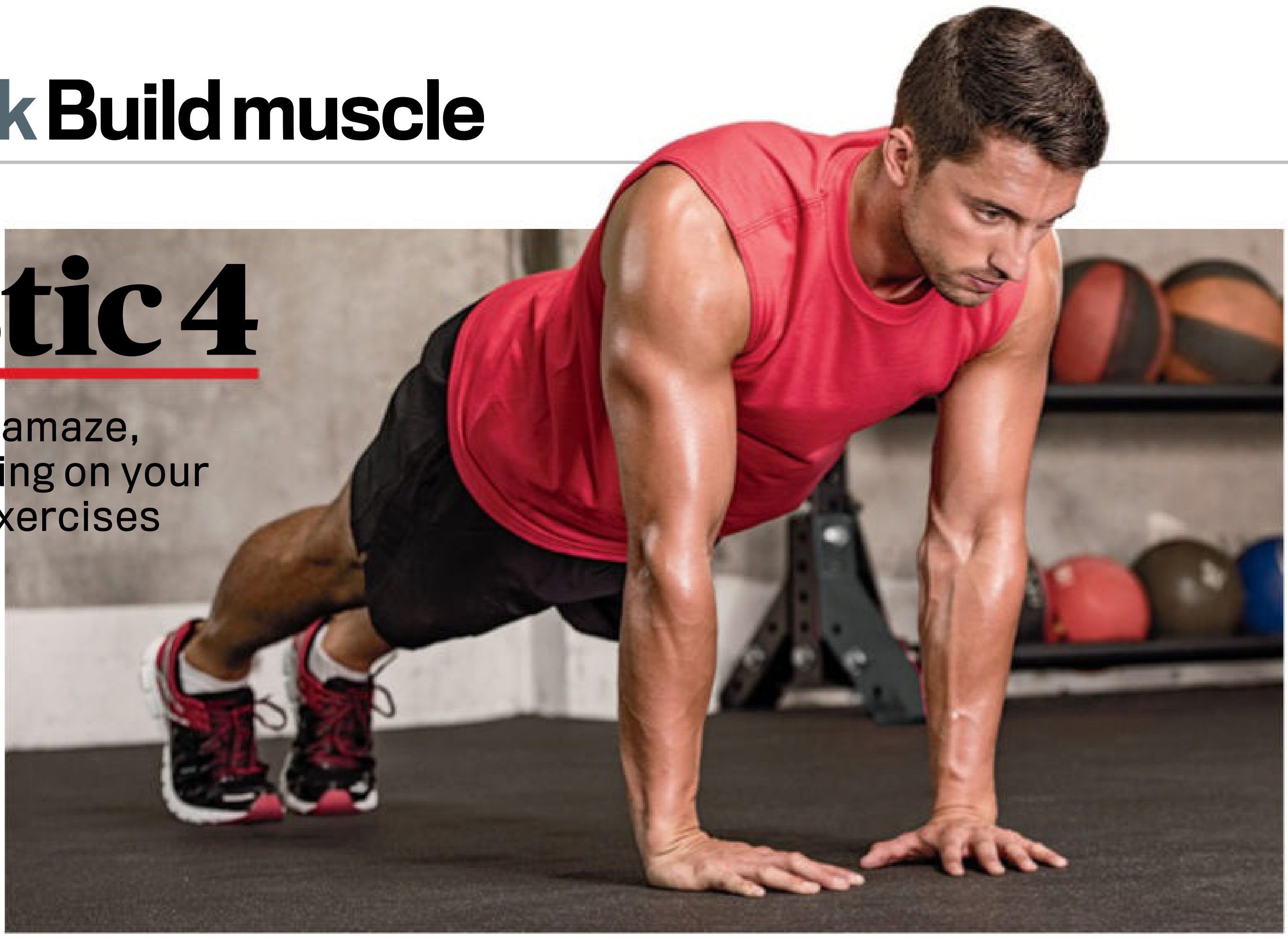
***MF* EDITORS**

THE SAYING "CURLS for the girls" – meaning, "curl more weight more often and you'll develop huge guns that'll turn heads when you're strutting around poolside" – isn't just irritating, it's also misleading.

Yes, curling will help you build bigger biceps; but when the goal is to add size to your arms, you also need to focus on the triceps, which make up two-thirds of the mass of your upper arm.

The most common approach to building stellar arms is to rely on isolation – besieging them with direct, focused work. That'll work for a while, but including more exercise variety can create new demands on the muscles to ensure growth remains continuous. Our workout has an iso move (band pressdown), but the other three are compound exercises – multi-joint movements that hit numerous muscle groups.

Remember that the triceps' main job is to help you push stuff. So when you're training them, think about not just extending, but really pushing.



CLOSE-GRIP PUSH-UP▲

Keep your hands narrowly spaced and right under the chest. Do as many sets as necessary until you hit the magic number of reps. If you get 50, great work. If you get 100, you're a beast.

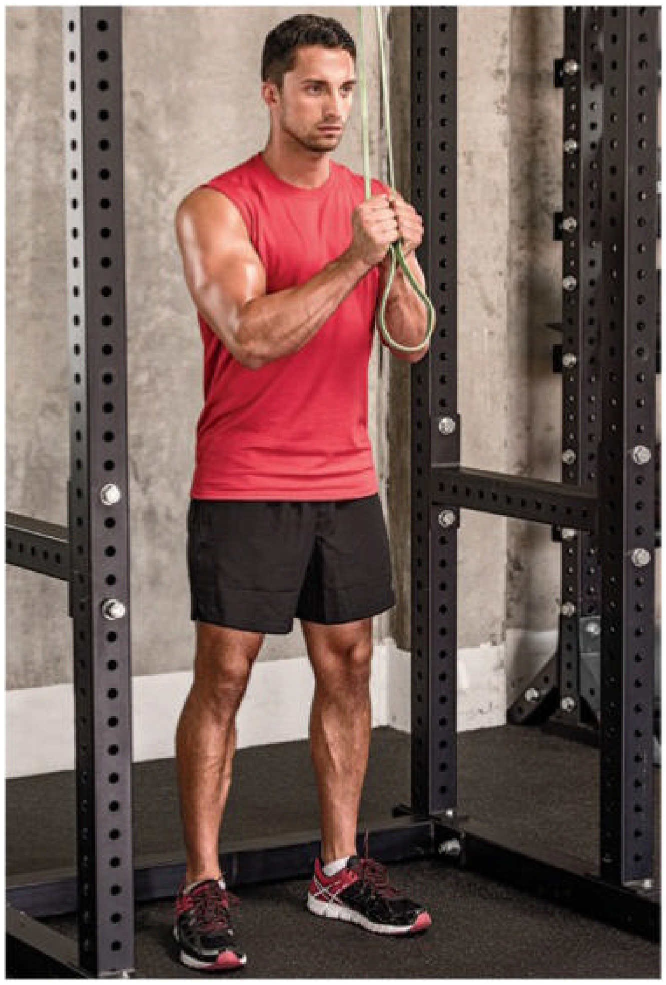
BAND PRESSDOWN▼

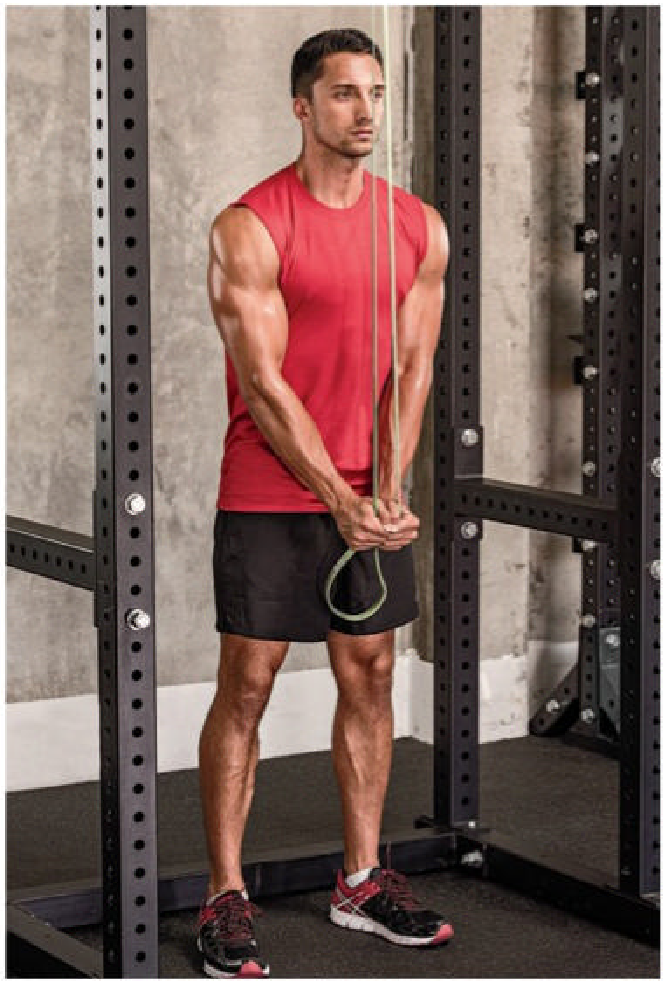
The tension increases as the band stretches, which enhances your ability to overcome sticking points. Hook the bands over a pull-up bar or high anchor point with sufficient tension to keep you in the 12-rep range.

The workout

EXERCISE	SETS	REPS
1) Weighted Triceps Dip	4	10, 8, 8, 6
2) TNT Cable Pressdown	4	10
3) Band Pressdown	3	12
4) Close-grip Push-up	1	50-100*

*Rest as often as needed but continue until you complete at least 50 reps.

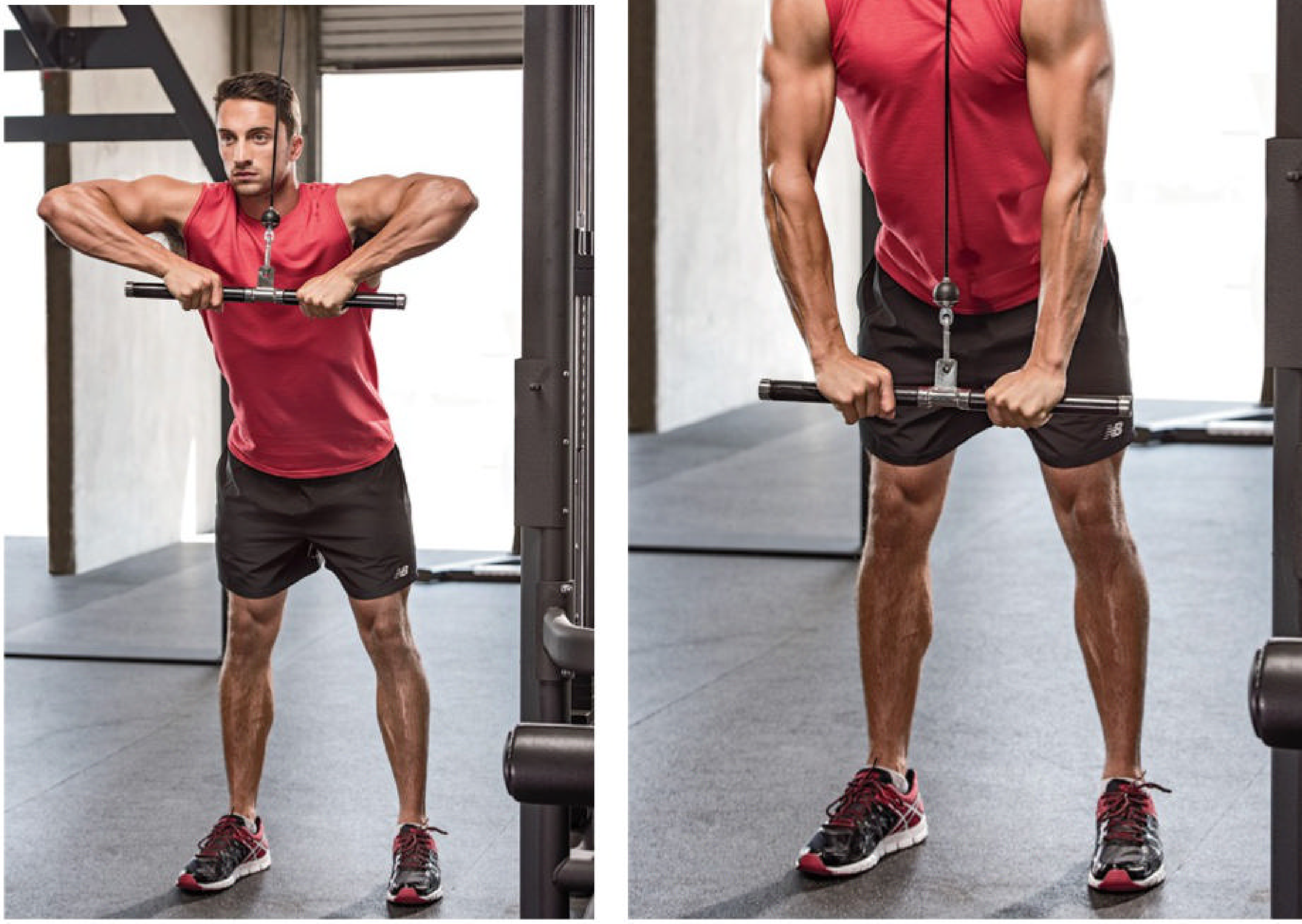


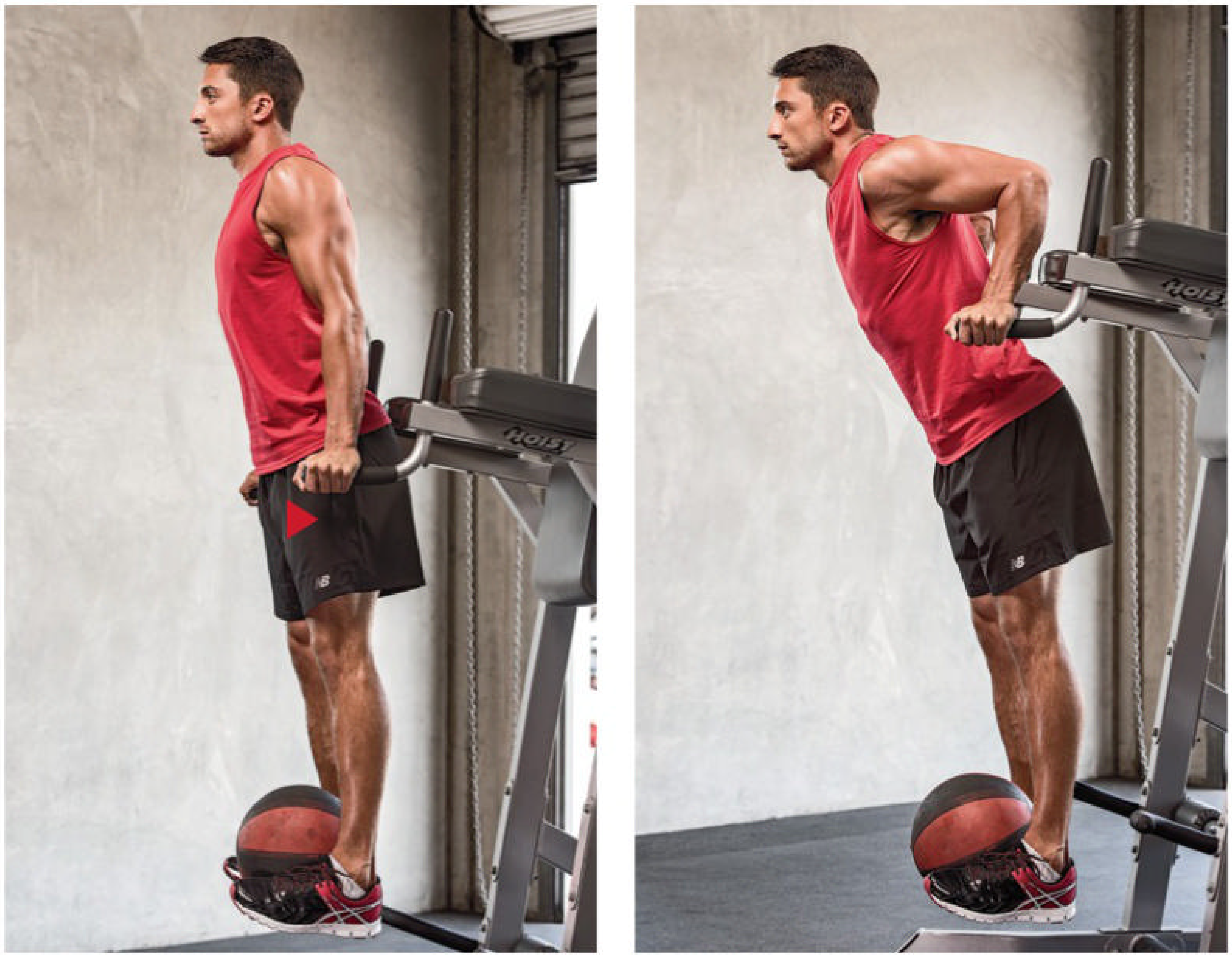


Grooming by Natalie Malchev

TNT CABLE PRESSDOWN

This version of a triceps pressdown looks more like a downward vertical press – as if you're pressing down on a dynamite detonator – and recruits the pecs and delts to help out if necessary. Allow your elbows to flare out, and keep your head to one side of the cable. Maintain a narrow grip and press to full extension.





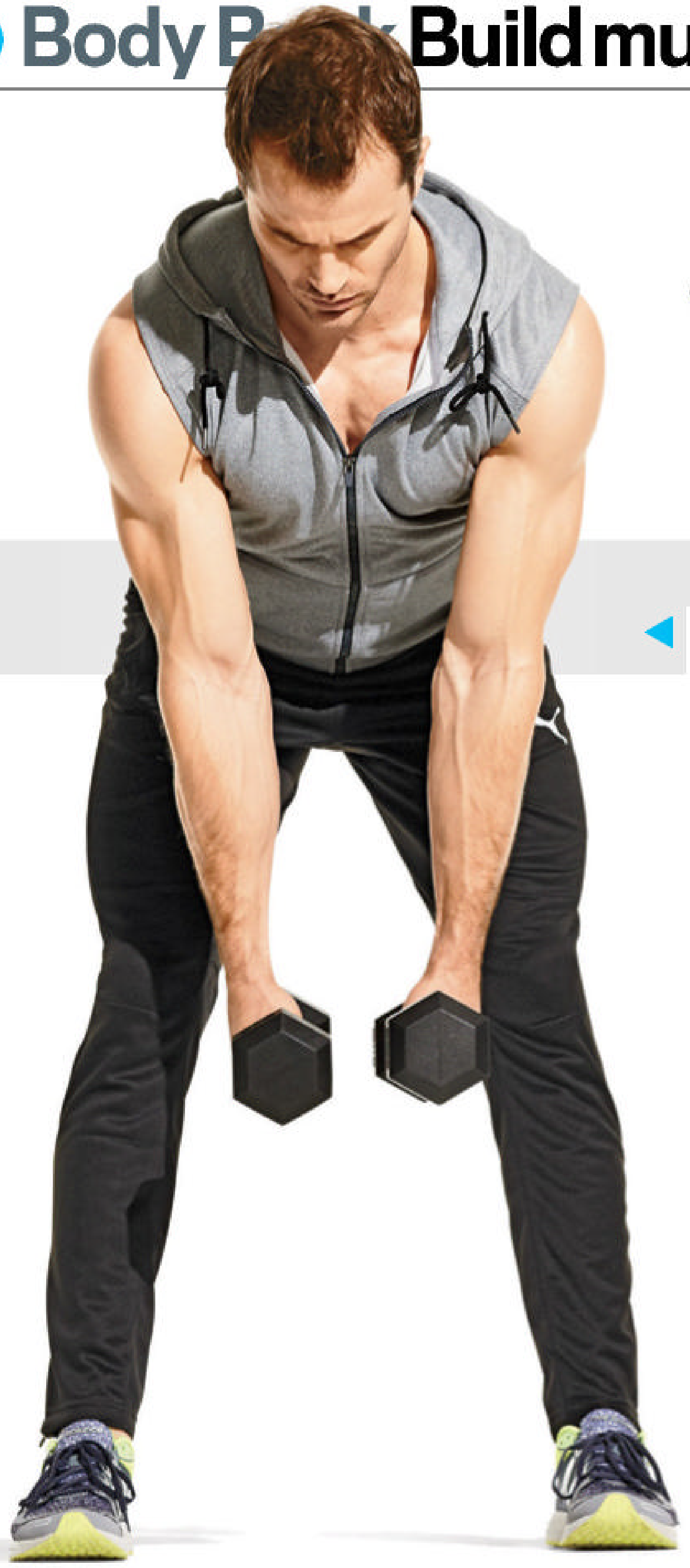
WEIGHTED TRICEPS DIP

Keep your elbows tight to your sides and your torso vertical; squeeze your triceps hard at the top of the move. Hold a medicine ball or dumbbell between your feet and select a weight that brings you to near failure at the desired rep count.

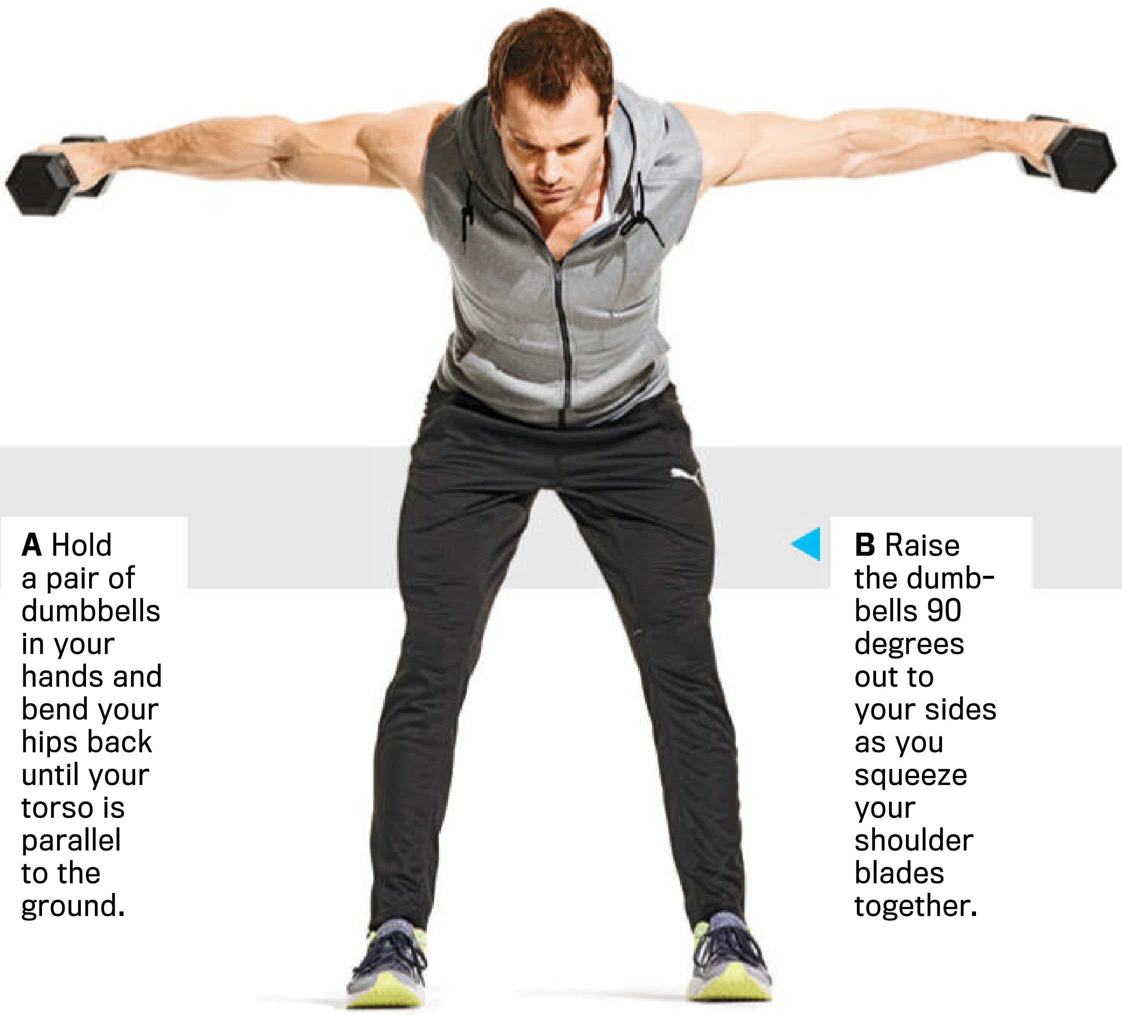
The giant set workout challenge

Lots of volume + buckets of sweat – lazy rests = new, lean muscle on your frame

BY *MF* EDITORS



A Hold a pair of dumbbells in your hands and bend your hips back until your torso is parallel to the ground.



B Raise the dumbbells 90 degrees out to your sides as you squeeze your shoulder blades together.

How it works

Stringing four or more exercises together with minimal rest between them is called a giant set. It's an exhausting training method, but it can:

A) Recruit more muscle fibre.
B) Flush muscles with blood.
C) Get you in and out of the gym quicker.

When doing giant sets, keep the necessary equipment nearby. If it's scattered around the gym, you'll waste time hustling from one spot to the next; plus, the odds that someone will snake a piece of equipment while your back is turned skyrocket, especially during peak hours.

Finally, don't try to be Joe Hardcore and use giant sets every time. Some bodybuilders do that, but your goal is most likely to look pleasing without clothes on, not to flex your ginormous muscles onstage in your underpants, right? So just throw them in every so often to humble yourself.

Directions

Complete each exercise and rest up to 10 seconds between moves and one to two minutes between rounds. Do five rounds. All told, you should be done in about 25 minutes.

The routine

EXERCISE	REPS
1) Deadlift	**5**
2) Bentover Row	**5**
3) Chin-up	**5**
4) ▲ Bentover Lateral Raise	**5**

WYATT KRUEGER IS A CROSSFIT INSTRUCTOR AND OWNER OF CROSSFIT AMHERST. **CROSSFITAMHERST.COM**

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